

Anyone can become
angry.

This is easy.

But to be angry with the
right person, to the right
degree, at the right time,
for the right
purpose, and in the right
way, that is not easy.

Aristotle

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Let us not look
back in anger
or forward in
fear, but
around in
awareness.

James Thurber

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Holding on to
anger is like
grasping a hot coal
with the intent of
throwing it at
someone else; you
are the one who gets
burned.

Buddha

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An eye for an
eye would
make the whole
world blind.

Ghandi

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