For every minute you are angry, you lose sixty seconds of happiness. 
*Ralph Waldo Emerson*

Swallowing angry words is much more palatable than having to eat them afterwards…
*Unknown*

When angry, count to ten before you speak. If very angry, a hundred.
*Thomas Jefferson*

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*

Let everyone be quick to listen, slow to speak, slow to anger.
*James 1:19*

Have patience with all things, but mostly with yourself.
*St. Francis de Sales*

You cannot shake hands with a clenched fist.
*Indira Ghandhi*

To be wronged is nothing unless you remember it.
*Confucius*

Shoulds and should nots – the more you have, the angrier you will be.
*Arnold & Clifford Lazarus, Ph.D.*

Anyone can become angry – that 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 – this is not easy.
*Aristotle*

A chip on the shoulder indicates that there is wood higher up.
*Jack Herbert*