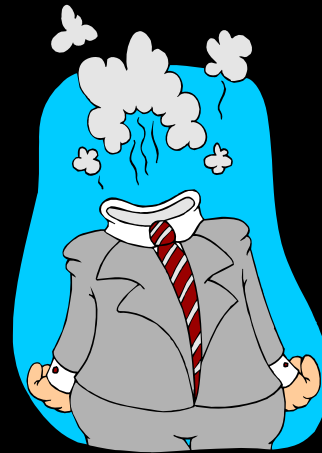


How to Cope with Anger!

**Health Promotion Program
Navy & Marine Corps Public Health
Center**

**What I've learned about being angry
with people is that it generally hurts
you more than it hurts them!**

-Oprah Winfrey



**Every time you get angry,
you poison your system**

-Alfred Montapert



**Men are like steel.
When they lose their temper,
they lose their self worth.**

-Chuck Norris

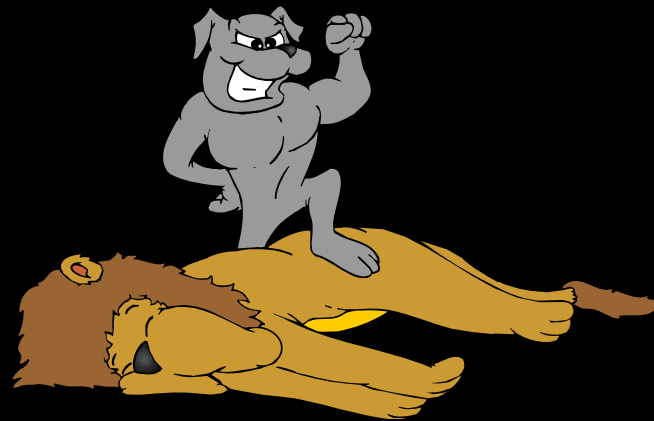
**An angry man opens his mouth
and shuts his eyes.**

-Cato



He who angers you,
conquers you.

-Elizabeth Kenny



**How much more grievous
are the consequences of anger
than the causes of it.**

-Marcus Aurelius



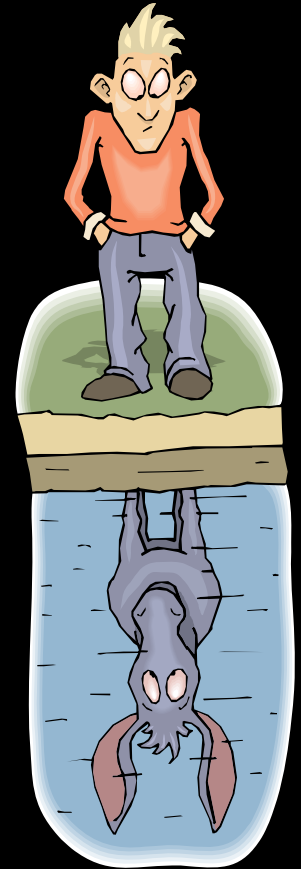
**Men in rage
strike those that
wish them the best.**

-Shakespeare



Everything that irritates us
about others, can lead us
to an understanding of
ourselves.

-Dr Carl Jung



**Those who the Gods would destroy,
first they make them angry.**

-Greek proverb

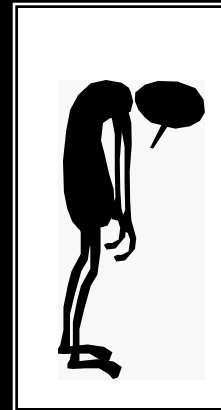


**To rule one's anger is well.
To prevent it is still better!**

-Tyron Edwards

**Whatever is begun in anger,
ends in shame.**

-Benjamin Franklin



**Bitterness is like cancer.
It eats upon the host.
But anger is like fire.
It burns it all clean.**

-Maya Angelou



Barking dogs seldom bite!

-Proverb



**Expressing anger is a
form of public littering.**

-Willard Gaylin