

Anger Quotes

“A man is about as big as the things that make him angry”

Winston Churchill

“For every minute you are angry you lose sixty seconds of happiness.”

Ralph Waldo Emerson

“Speak when you are angry - and you'll make the best speech you'll ever regret.”

Dr. Laurence J. Peter

“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

“Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten.”

Buddha

“Anger dwells only in the bosom of fools.”

Albert Einstein

“In a controversy, the instant we feel anger, we have already ceased striving for truth and have begun striving for ourselves”

Abraham J. Heschel

“Anyone who angers you conquers you”

“There are two things a person should never be angry at, what they can help, and what they cannot.”

Plato

“It is wise to direct your anger towards problems -- not people; to focus your energies on answers -- not excuses.”

William Arthur

“Anger always comes from frustrated expectations”

Elliott Larson

“Anger is only one letter short of danger”

Popular Saying

“Whatever is begun in anger ends in shame.”

Benjamin Franklin

“The angry people are those people who are most afraid”

Dr. Robert Anthony

“When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger.”

Epictetus

“Let us not look back in anger, nor forward in fear, but around in awareness.”

James Thurber

“Anger blows out the lamp of the mind”

Robert Green Ingersoll

“The truth shall make you free, but first it shall make you angry”

“If you are patient in one moment of anger, you will escape a hundred days of sorrow.”

Chinese Proverbs

“Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it”

Seneca

“So long as a man is angry he cannot be in the right”

Chinese Proverbs

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

Marcus Aurelius

“The best answer to anger is silence.”

“No one can be reasonable and angry at the same time”

“Holding on to anger only gives you tense muscles.”

“He who conquers his anger has conquered an enemy”

German Proverb

“Never forget what a man says to you when he is angry.”

Henry Ward Beecher

“An angry man opens his mouth and shuts his eyes.”

Cato

“Do not be angry with me if I tell you the truth”

Socrates

“It's a waste of energy to be angry with a man who behaves badly, just as it is to be angry with a car that won't go”

Bertrand Russell

“Anger is just a cowardly extension of sadness. It's a lot easier to be angry at someone than it is to tell them you're hurt.”

Tom Gates

“Anger, tears and sadness are only for those who have given up”

Katie Gill

“Anger is a symptom, a way of cloaking and expressing feelings too awful to experience directly - hurt, bitterness, grief, and, most of all, fear”

Joan Rivers

“Anger is the most impotent of passions. It effects nothing it goes about, and hurts the one who is possessed by it more than the one against whom it is directed.”

Carl Sandburg

“Anger is a killing thing: it kills the man who angers, for each rage leaves him less than he had been before - it takes something from him.”

Louis L'Amour

“Your anger is like the bubbles in a can of soda. The more you're shaken, the more you want to let it out. The longer you keep it in though, the greater the size of the eventual explosion - and the flatter the drink at the end.”

“Hatred and anger are powerless when met with kindness”

“There is nothing more galling to angry people than the coolness of those on whom they wish to vent their spleen”

Alexandre Dumas Père

“Great anger is more destructive than the sword”

Indian Proverb

“In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.”

Lee Iacocca

“Anger ventilated often hurries toward forgiveness; and concealed often hardens into revenge”

Edward G. Bulwer-Lytton

“Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.”

Thomas Kempis

“An angry player can't argue with the back of an umpire who is walking away.”

Bill Klem

“Anger is a thief who steals away even the nicest moments.”

“When anger spreads through the breath, guard thy tongue from barking idly”

Sappho

“It is easier to swallow angry words than to have to eat them”

“Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harms we do, we do to ourselves.”

Mitch Albom

“A person is just about as big as the things that make them angry”

“Don't get the impression that you arouse my anger. You see, one can only be angry with those he respects.”

Richard M. Nixon

“How often it is that the angry man rages denial of what his inner self is telling him.”

Frank Herbert

“Anger and humor are like the left and right arm. They complement each other. Anger empowers the poor to declare their uncompromising opposition to oppression, and humor prevents them from being consumed by their fury.”

James Cone

“My recipe for dealing with anger and frustration: set the kitchen timer for twenty minutes, cry, rant, and rave, and at the sound of the bell, simmer down and go about business as usual”

Phyllis Diller

“Anger is as a stone cast into a wasp's nest.”

Pope Paul

“He took over anger to intimidate subordinates, and in time anger took over him.”

Milan Kundera

“Expressing anger is a form of public littering.”

Dr. Willard Gaylin

“Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.”

Joan Lunden