



## My Favorite Quotes

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This month's quotes are all about "Anger." I hope you will find them inspirational and helpful!

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"Our tendency in the midst of suffering is to turn on God. To get angry and bitter and shake our fist at the sky and say, "God, you don't know what it's like! You don't understand! You have no idea what I'm going through. You don't have a clue how much this hurts."

The cross is God's way of taking away all of our accusations, excuses, and arguments.

The cross is God taking on flesh and blood and saying, "Me too."

—Rob Bell



"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

—Mark Twain

"Transformation is my favorite game and in my experience, anger and frustration are the result of you not being authentic somewhere in your life or with someone in your life. Being fake about anything creates a block inside of you. Life can't work for you if you don't show up as you."

—Jason Mraz



"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 is never without a reason, but seldom with a good one."

—Benjamin Franklin



“Don’t hold to anger, hurt or pain. They steal your energy and keep you from love.”

—Leo Buscaglia

“Anger makes you smaller, while forgiveness forces you to grow beyond what you are.”

—Cherie Carter-Scott

“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



“Make sure you never, never argue at night. You just lose a good night’s sleep, and you can’t settle anything until morning anyway.”

—Rose Kennedy

“Anger is a short madness.”

—Horace

“You cannot get ahead while you are getting even.”

—Dick Armey

“When angry, count four. When very angry, swear.”

—Mark Twain

“The greatest remedy for anger is delay.”

—Thomas Paine

“If you get down and quarrel everyday, you’re saying prayers to the devil, I say.”

—Bob Marley