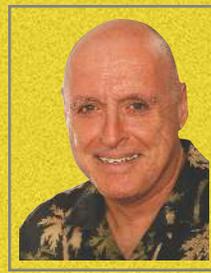


THE EXTRA POINT

BY JERRY ROBERTS



1046 Quotations: Views on Anger

We often end a week with a list of quotations. Today, we're going to start the week that way, and I'll reveal why in just a moment. I'm Jerry Roberts and if you find yourself in a state of anger more often than usual, maybe something here will help. That's coming next, on The Extra Point.

We're starting the week with quotations on the topic of anger. One reason for that is there is a whole lot of it going around.

The second reason relates to the first, in that my WorkZone column in the Guam Daily Post deals with breaking down and understanding our anger. So, today is a prelude to that. Here we go.

1. *"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."*
— Anonymous
2. *"Anger makes us feel so isolated."*
— Mr. Rogers
3. *"Shouting something doesn't make it any more possible."*
— Writer/filmmaker Susan Sontag
4. *"You will not be punished for your anger, you will be punished by your anger."*
— Buddha
5. *"A man is about as big as the things that make him angry."*
— British Prime Minister Sir Winston Churchill
6. *"The best way to avenge yourself is to not be like that."*
— Roman emperor Marcus Aurelius
7. *"Anger: when reality and expectations don't fit."*
— Author Maxime Lagacé

8. *"A person does not react to the insult. He reacts to what the insult makes him feel about himself."*
— Author and podcaster Kapil Gupta
9. *"Never hate your enemies. It affects your judgment."*
— Mario Puzo, The Godfather author
10. *"Never waste a minute thinking about people you don't like."*
— U.S. president Dwight D. Eisenhower
11. *"Speak when you are angry and you will make the best speech you will ever regret."*
— Writer and journalist Ambrose Bierce
12. *"Easily offended people are such a chore."*
— Shibetoshi Nakamoto, co-founder of Dogecoin
13. *"The more anger towards the past you carry in your heart, the less capable you are of loving in the present."*
— Psychologist Barbara De Angelis
14. *"Get mad, then get over it."*
— U.S. Secretary of State, Chairman of the Joint Chiefs of Staff — and president if he had wanted the job...Colin Powell.
15. *"Do not teach your children never to be angry; teach them how to be angry."*
— Theologian Lyman Abbott
16. *"People who fly into a rage always make a bad landing."*
— Humorist Will Rogers
17. *"Out of anger comes controversy, out of controversy comes conversation, out of conversation comes action."*
— Tupac Shakur, rapper and actor.

(Con't.)

18. *"Anger is just anger. It isn't good. It isn't bad. It just is. What you do with it is what matters. It's like anything else. You can use it to build or to destroy. You just have to make the choice."*

— Author Jim Butcher

19. *"The greatest remedy for anger is delay."*

— Roman philosopher Seneca

20. *"If your hate could be turned into electricity, it would light up the whole world."*

— Inventor Nikola Tesla

21. *"Anybody can become angry — that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way — that is not within everybody's power and is not easy."*

— Student of Plato, Greek philosopher Aristotle.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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