



## daily GOOD

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.  
--Marcus Antonius

### 10 Life-Changing Perspectives On Anger

We all have had our moments of impatience, rage and frustration...but how do these moments affect our lives? Get curious about anger, and you just might discover an untapped well of vital energy that improves your life circumstances and wakes you up to the whole of life. This article offers 10 powerful perspectives on anger.

### Be The Change:

Reflect on a few of these perspectives the next time you catch yourself on the verge of impatience or anger.