

Title:
Controlling Anger

Word Count:
400

Summary:
All of us get angry. Some of us get angry very often. Some are able to control the anger. Some

Keywords:

Article Body:
All of us get angry. Some of us get angry very often. Some are able to control the anger. Some
We get angry when we are stopped doing something. Or when we don't get our way. We get angry w
List your friends. Think about a situation and imagine the reactions. For example, let us say
Some of us never take things very seriously. So they don't get angry over small things at all.
Understanding others viewpoint helps in many situations. As we have our viewpoint, so do other
Emotions such as anger can be controlled. It needs reflection. It needs practice to exercise r

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