

Title:

Why Do We Need to Control Anger?

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759

Summary:

It is often difficult to preserve control of your natural impulses while others close to us ma

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Article Body:

It is often difficult to preserve control of your natural impulses while others close to us ma

Most of us deal with the stressors in life as they come our way, but a few of us cannot and be

If a person react violently, verbally abusive, assaulting others and so on, it not only leads

Anger is mainly the inability to restrain our basic impulses, needs and emotions. If a person

Anger, sadness, joy and happiness are all parts of our emotions, and when we have those emotio

One clearly recognized example is school bullying, for a few children going to school is a nig

Sorry to say, when this child gets to his or her limit and returns the attack on the other you

Each time we are angry we feel it in our body and mind. Our body will often tense up if we fee

Generally after a person has developed a level of anger that is out of control, they will freq

If you cannot control your emotions then one day, someone will control them for you. Anger is

Roger Overanout

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