

*"From my grandfather Verus I learned to relish the beauty of manners, and to restrain all anger."*

"Now, if the outward appearance of anger be so foul and hideous, how deformed must that miserable mind be that is harrassed with it. For it leaves no place either for counsel or friendship, honesty or good manners; no place either for the exercise of reason, or for the offices of life."

*"Think of the characters of those who offend you at the table, in their beds, and so on. In particular, remember the effect their negative way of thinking has on them, and the misplaced confidence it gives them in their actions."*

"It is most certain that we might govern our anger if we would, for the same thing that galls us at home gives us no offense at all abroad. And what is the reason of it, but that we are patient in one place, and forward in another?"

*"Tell yourself, when you feel upset and fed up, that human life is transient and only lasts a moment; it won't be long before we'll all have been laid to rest."*

"Anger is not only a vice, but a vice point-blank against nature, for it divides instead of joining, and, in some measure, frustrates the end of Providence in human society. Man was born to help another. Anger makes us destroy one another."

*"Get rid of this, make a decision to quit thinking of things as insulting, and your anger immediately disappears. How do you get rid of these thoughts? By realising that you've not really been harmed by their actions."*

"It is an idle thing to pretend that we cannot govern our anger: for some things that we do are much harder than others that we ought to do. The wildest affections may be tamed by discipline, and there is hardly anything which the mind wills to do but it may do."

*"Anger and frustration hurt us more than the things we're annoyed about hurt us."*

"It is most certain that we might govern our anger if we would, for the same thing that galls us at home gives us no offense at all abroad. And what is the reason of it, but that we are patient in one place, and forward in another?"