

R. NACHMAN ON *ANGER*

- As long as a person keeps from getting angry, his enemies will have no control over him.
- An angry person loses his wisdom and foresight, Even if he had been destined for greatness, he loses this as well.
- Anger brings disgrace; the angry person humiliates himself.
- A person who loses his temper humiliates himself.
- A woman's anger destroys her home.
- Falsehood brings anger.
- Looking into the face of a liar causes a person to lose control of his temper.
- Anger shortens a person's life.
- Anger leads to depression.
- An angry person covets honor and all his good deeds are only for self-glorification.
- Anger causes a person to become frightened.
- By breaking and overcoming your anger, you draw the spirit of the Messiah into the world.