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Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

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'Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.' ~Maya Angelou Anger is a powerful emotion and can destroy many relationships. Chronic anger can be harmful to your health. So, anger management techniques can help you avoid risking your health and relationships. There are various causes of anger.

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