

## Healing Anger The Power Of Patience From A Buddhist Perspective Dalai Lama Xiv

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10 Healing Crystals for Anger and Irritability

Harness the Healing Power of Your Loved One's Anger Anger is a basic emotion experienced by all. Like every emotion, for anger to run its course, it needs to be expressed and then validated, and preferably by a trusted other. We are now just learning about the power of its role in mental health.