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"For every minute you're angry, you lose 60 seconds of happiness." -- Ralph Waldo Emerson.

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Julian Germain, from the book ‘For every minute you are angry you lose sixty seconds of happiness’, SteidlMack, 2005 “...‘For every minute you are angry you lose sixty seconds of happiness’ is a template model for what critical engagement should try to achieve in our day and age: forget the ‘winners’ and ‘losers’ and provide examples of people who operate in a different ...

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For Every Minute You Are Angry You Lose Sixty Seconds of Happiness: A Perfect Gift for Individuals with Anger Management and Anger Problems, 110 Lined by Toucan, Book and a great selection of related books, art and collectibles available now at AbeBooks.com.

For every minute you are angry, you lose sixty seconds of happiness. 60 likes. Live. Laugh. Love.

Every Minute You're Angry You Lose 60 Seconds Of Happiness By J. Johnson , picture courtesy of lifeequotes March 16, 2012 For every minute you are angry you lose sixty seconds of happiness.

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

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