

flow



Anger is often
one of our
most accessible
emotions.

It's easier for some of us to access that well of fury than others, though.



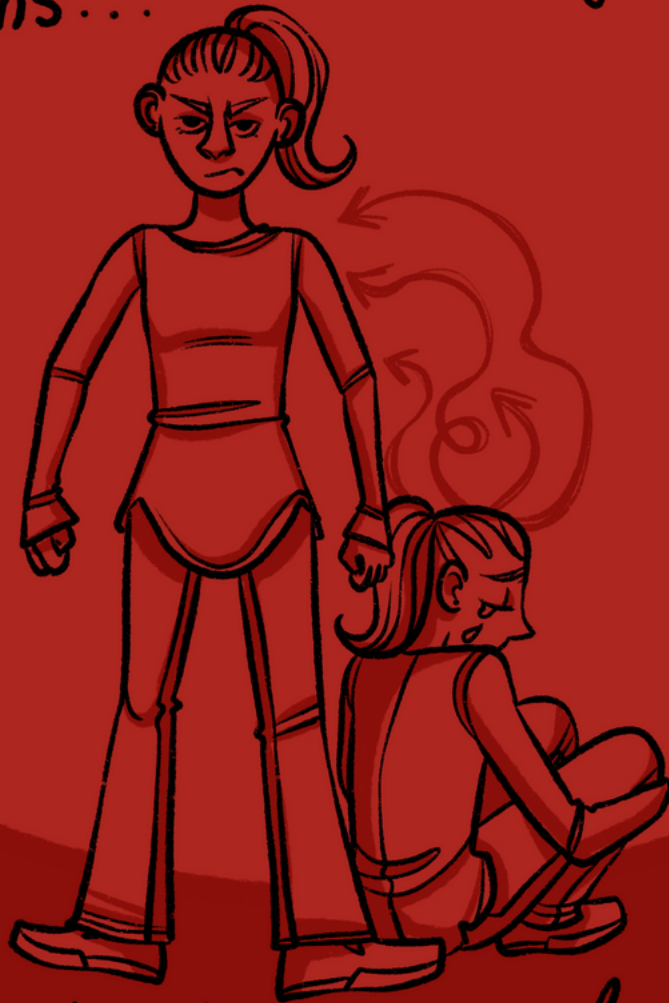
You can
feel it
simmering

beneath the
surface

and you almost
want an excuse
to let it out.



Here's the thing though: anger may be one of our most easily accessed emotions...



... but it is secondary.



There is always something more happening...

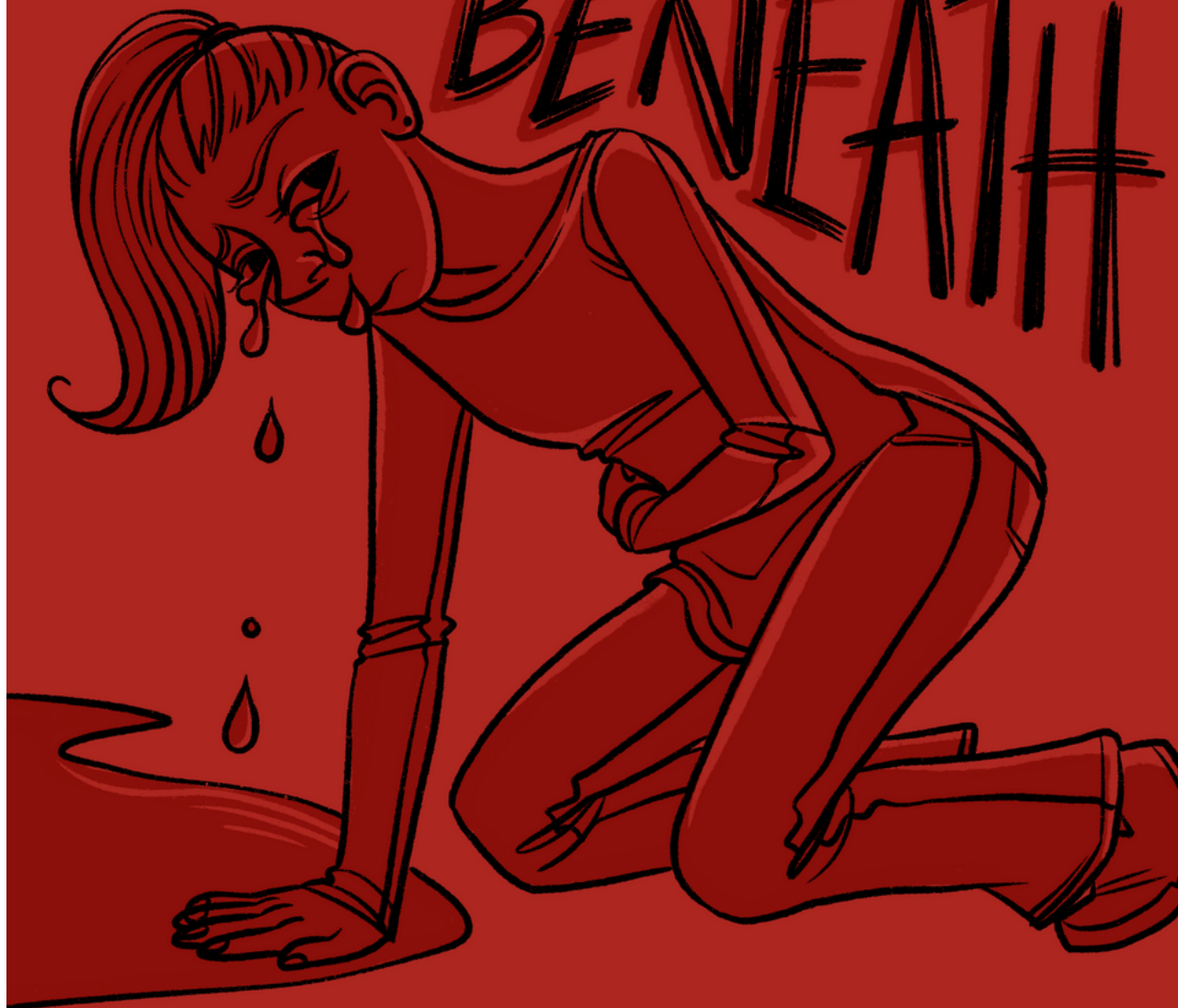
...at it's roots.



Before you let
that volcano
within you
explode...

...pay attention to what lies

BENEATH



The more you care for that root, the more
you may find that the anger that
blooms from it...



...doesn't come as easily.