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Instead, it's important (for entrepreneurs in particular) to find ways to use your anger to your advantage.

3 Ways You Can Use Anger To Your Advantage

Use your anger to initiate the positive shifts you need to change your life. You must shift internally before you can change your external reality. Anger can be a great mobilizer of positive...

Want to Change? Get Angry! | Psychology Today

We are not goddesses or matriarchs or edifices of divine forgiveness; we are not fiery fingers of judgment or instruments of flagellation; we are women forced back always upon our woman's power. We have learned to use anger as we have learned to use the dead flesh of animals, and bruised, battered, and changing, we have survived and grown and, in Angela Wilson's words, we are moving on.

(1981) Audre Lorde, "The Uses of Anger: Women Responding ...

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Put your anger to constructive use | Sharmin Ali ...

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Dealing With Anger As An Abuse Survivor - Fort Refuge

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The woman, who was later identified as Devina Singh (main and inset), can be seen yelling profanities in the police officer's face while failing to social distance or wear a mask. 'F**k you ...

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