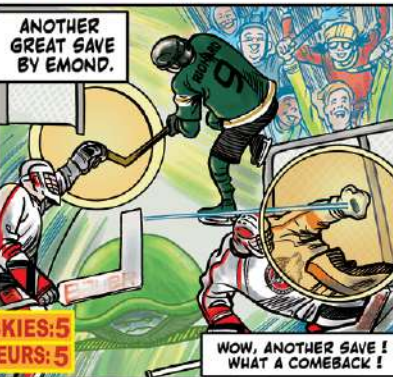
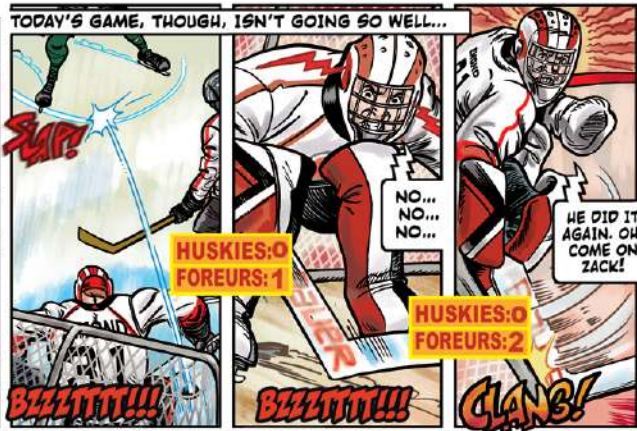


CINDY AND Zachary



Anger is a normal emotion. The trick is to know how to control it. Angry people can't concentrate or become aggressive. When you feel anger rising, make like a turtle. Retreat to your "shell" and take three deep breaths. Here are a couple more tricks: close your eyes, drink some water, take time out, adjust your gear, listen to music, do something different...

