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## Authentic Living

### Authentic Living Wednesday at 1 PM Pacific July 03rd 2013: **The Transformative Power of Anger**

Anger is a much despised emotion, considered by most to bring us all too close to the edge of that precipice over which we dare not fall, lest we have to consider ourselves to be bad or even evil people. For most religions, anger itself is thought of as a sin. Many New Age or even New Thought practitioners tell us of the dangers of being angry—dangers that range anywhere from anger's power to make us operate from the "lower" self or the "ego," to its supposed power to attract so-called "negative" people and events into our lives. We fear our anger. We are ashamed of our anger. Therefore, we s

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