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Why is it good not to let fear and anger control your mind?



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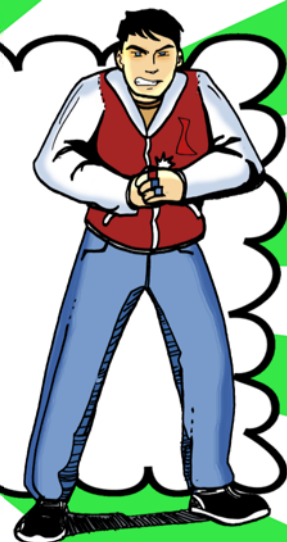
Anger can not be avoided. Explain why this is.



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Explain the difference between controlled and uncontrolled anger.



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