

Angerland

There's a lot to get angry about these days and so we need to find a way to let it out. Trouble is that most of us will do literally anything not to get angry – including eating the entire contents of the fridge or blaming some poor soul that we actually like.

Myth: Getting angry doesn't solve anything.

We Say: Yes it does. If you don't get angry you won't change anything. Anger is very often simply a case of wanting something you are not getting. Expressing it means being able to move forward to get what you want.

Feel it, express it and move on.

Take a cushion and scream the living daylights out of it. If you need instruction just ask. We're really good at anger.

Then design your own Angerland theme park.

