

# ANGER



# MANAGEMENT

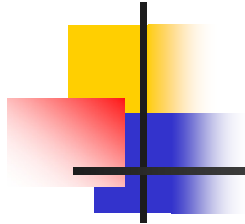
Dr. Mohammed Sadiq



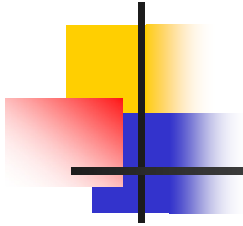
## Imam Ghazali (r.a.) said:

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Allah (s.w.t.) has created 'anger' so that it may serve as a weapon to defend you from harmful things; and He created 'desire' to help you move towards what is beneficial for you. But, when these two go to an extreme, they become harmful and like a fire in your heart, which fills your brain with smoke and darkens the sources of intelligence and wisdom rendering you unable to think of and understand long range consequences of your actions. This is why our elders have called them 'Wisdom Robbers'.



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- This workshop is designed to assist the participants understand the nature of anger – its purpose, causes, expressions and effects.
  - The participant would learn what make them angry and why; and how to manage and express it without any damage to self and others.



- For further details and making arrangements to have this Workshop delivered in your community, please send an e-mail to [workshops@shifa.ca](mailto:workshops@shifa.ca)