Anger-The most important expression in me

I used to think that happiness is the most important expression in our life, I think is happiness keeping us away from being too stressful and falling apart. But now I found that maybe anger is a more useful thing for a human.

I’m not saying that other motions have no uses, every motion have its own special meaning what I mean is, if we imagine a world without a kind of motion, the world without anger will be the worse.

Let’s first look at what anger actually is. People always think anger is a kind of bad feeling, they kept proving how bad is anger to our healthy and relationship, but they didn’t ever think about the good side of showing anger. It’s the highest way to show your uncomfortable and an important exit for pressure so we won’t “explode”.