

# INTRODUCTION

Anger is an unpleasant feeling. Many of us have been told in childhood that it is a “bad” emotion. Therefore, we keep this emotion inside of us without expressing it. Many of us, on the other hand, express it in harmful ways that destroy our relationships. The bottom line is that too often we don’t know how to manage this feeling.

Anger, however, is more than simply a feeling. It can have a deadly physical impact on your health. You may not be aware of this, but if you don’t learn to manage your anger and understand its significance, it can lead to a host of diseases. If you think that heart disease and cancer are mainly caused by food habits, genetics, or other lifestyle factors, think again. We will show that improperly managed anger is an independent risk factor for these two largest killer diseases.

You can diet or exercise as much as you want; however, if you can’t manage your anger, whether it is impatience or outright rage, all your efforts can be useless. Plaque in your arteries will continue to build up, leading to a heart attack or stroke. Other serious ailments such as depression, asthma, and insomnia are also associated with anger. Part I of this book will review scientific information in the last 25 years on the link between anger and disease. It will help you understand why you need to take anger management very seriously. If you lose your health, you can lose everything in life. Health is the best wealth.

So, how do you turn anger into love? The answer to the question is a spiritual one. First you need to understand that you are part of an Infinite Intelligence that is composed of all love. Further, this love has many different elements, such as compassion, understanding, forgiveness, and creativity. Each of these love traits are like fragments of a broken pitcher that you need to pick up and glue back together to restore the pitcher.

Feelings of anger, if appropriately used, are like a magnet that can help you pick up these fragments. Your anger can then transform itself into love, which is the glue that seals all the fragments in place on the pitcher. Once your pitcher of life is restored and whole, it is able to hold the life-giving water of your divinity, which is love. The ultimate purpose of your life is that you should become a vessel of Love.

The word “heal” derives from the word “whole.” You are healed when your pitcher of life is whole—spiritually, emotionally, and physically. In order to help you understand what it really means to be whole, Part I of this book will give you an idea of your purpose in life and your connection to Infinite Intelligence. The term “Infinite Intelligence” is the same as the Higher Power we often call God. We will also refer to it as the Universe, Spirit, and Love in this book.

Understanding anger is important for the journey of your spirit. The journey of your spirit is based on mystery. Solving the mystery means being keenly aware of and seeing the symbolic clues in the pattern of events that are woven in your daily life. Feelings of anger are clues to help you better understand yourself. They can inform you of who you are now and can help you transform yourself into who you want to be. Just like a caterpillar is transformed into a butterfly, your anger can transform itself into love. When you discover unconditional love, your soul will be able to fly in freedom to its destiny of divinity.

Transformation involves inner and outer change, usually beyond recognition. As your inner life changes beyond recognition, your

outer life will do so accordingly. A key message of this book is that your outer life is always a reflection of your inner life. Your inner life, which is composed of thoughts and beliefs, is the creative vehicle of your experiences, which are aspects that you can always change.

Since you alone have the capacity to change your inner world, the importance of personal responsibility is a key take-away message of this book. If you want the world to change around you, you must change first. Your anger can be a pathway to this goal. It also can be the pathway to many other aspects of love. We will discuss this in Part II.

Transforming anger is not only about learning and reflecting the spiritual lessons of love. Transformation means taking practical steps to learn how to communicate compassionately when you are angry. It also means that you need to weave acts of kindness and meditation into your daily routine. Lastly, Mahmood, who is a sleep medicine physician, will inform you that your anger and irritability level have a lot to do with how well you sleep. Sleep health is one of the last pillars of medicine that is slowly beginning to shake off its slumber. Although you may not be aware of it, sleep health is just as vital to you as diet and exercise. Part III will highlight some of these practical steps in anger management.

This book was jointly created by Reshmi and Mahmood. Although Reshmi wrote the text, Mahmood contributed significantly to its development and content. The primary motivation for writing this book is that we wanted to share with you some of the principles we used to heal our own anger struggles. We have outlined these principles because they simply worked for *us* when we implemented them in our life.

A number of case examples are used in various parts of the book. To protect the privacy of all individuals, we changed all names and identifying details beyond recognition.

We sincerely hope you will find this book of value, not only to manage your own anger, but also to understand the importance of

feelings in general. Too often we suppress our feelings and do not listen to them. Our feelings are the friends of our souls, always guiding and leading us to our true nature. We hope that through this book, we will be able to lead and guide you to your core of Love. If we do succeed, then we have practiced medicine in its highest form and fulfilled our earthly roles as healers.

If you wish to contact us, please do so at the address below. You can also check us out at our Web site, [www.SleepHealthDoc.com](http://www.SleepHealthDoc.com).

With love,

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