

## The RYS Daily 10/1/06 Ridding Oneself of Anger

From the Mussar Movement, Volume 1, Part 2, pages 185 - 186.

He [RYS] also proposed another means: A person should make up his mind to be generous, to do good to others. He should set this as his life's goal, and constantly direct his thoughts, to doing good and causing satisfaction to the next person. Constantly preoccupied with such thoughts, one would easily be able to restrain his anger from bursting out, since this would run counter to all his aspirations. This method fits in with his approach which advocates avoiding direct conflict with a particular inclination, and recommends outflanking the propensity and cultivating another trait not directly in conflict with the evil one.