Angry is one of our familiar emotion. Anger is an emotion when something make we feel uncomfortable or we went out of patient with someone. It was quite hard to control it. But at least I have find out some way to calm it down. And I think meditation is the best solution. Close your eyes and remember of the four element. Remember how it has bear the unclean thing and beat the boredom, anxious. Always believe that you can pass this anger, if the element can then you also can. Slowly and patient you put your anger away, just focus on breathing- breath in breath out.