

**ANGER IS NOT
A BAD WORD**

ANGER



LOVE



LOVE:

Different Types

LOVE:

Different Degrees

LOVE:

Different Objects



I 
Justice

LOVE:

Can Go Wrong



33-YEAR-OLD BIEBER FAN:

CLOSER REAL LIFE

'I had £60,000 of plastic surgery to look like Justin'

Toby Sheldon has dedicated the past five years of his life to turning himself into his teen idol

SONDRITER Toby Sheldon hates ageing, so he's spent a staggering £60,000 over

past five years in a bid to look like Justin Bieber. The 33-year-old has had transplants, face and fillers, eyelid and chin tions and surgery on his nose to achieve the 19-year-old's youthful smile. Toby, from Los Angeles, is happier with his re-throb makeover. "Justin has a young-looking face desperate to look like he's getting older - my flating and I was 18. Now, thanks surgeon, I don't 18 and I'm full

son with his fan when he was a 18. I was bullied right. At my 17th and was the chubby kid. 17 I lost 4st 17ing salads.

because inspired to copy Justin Bieber's look when the singer rose to fame in 2008. He says: "I already had similar traits to Justin, like my bone structure and eye shape. I just wanted to enhance certain features to look more like him."

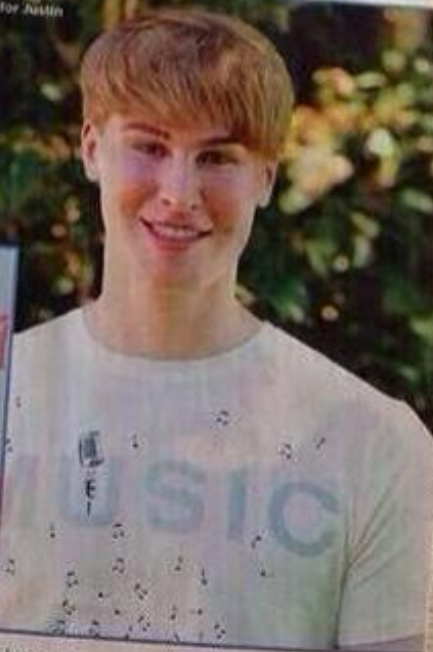
Toby started his Bieber transformation with £13,000 hair transplants, then had Botox injections to plump up and smooth his skin. He later switched to Aquamid injections, a longer-lasting filler, which he gets flown in from Brazil as it is illegal in the US. One year's top-up injections cost £25k.

In September 2012, he spent £3k having his eyelids lifted and in July he had £9k smile surgery. He says: "It's Justin's smile that gives him his youthful look. So I had my upper lip lifted, my bottom lip plumped out



Bieber's youthful looks have been an inspiration

Toby says he gets mistaken for Justin



Luckily Toby, who spends all his savings on his appearance, has never had any botched surgeries, but he admits: "My smile surgery took more than a month to recover from and, after my eyelid surgery, I couldn't open my eyes for a week."

and he's scared I'll end up like Michael Jackson. But my friends shower me with compliments - they even call me Toby Bieber. "I haven't seen my family in years as they live in Germany and have no idea I've had any surgery, but I'm sure when they

ANGER



Anger At Injustice is a
grief of distortions
among peers whose
object is change.

--Audre Lorde

FIVE FEATURES



**Recognizes
Wrong Doing**



**This
Recognition is
Not Mistaken**



Not Selfish



**Doesn't
Violate
Others**



**Desires
Change**

IT'S APPROPRIATE



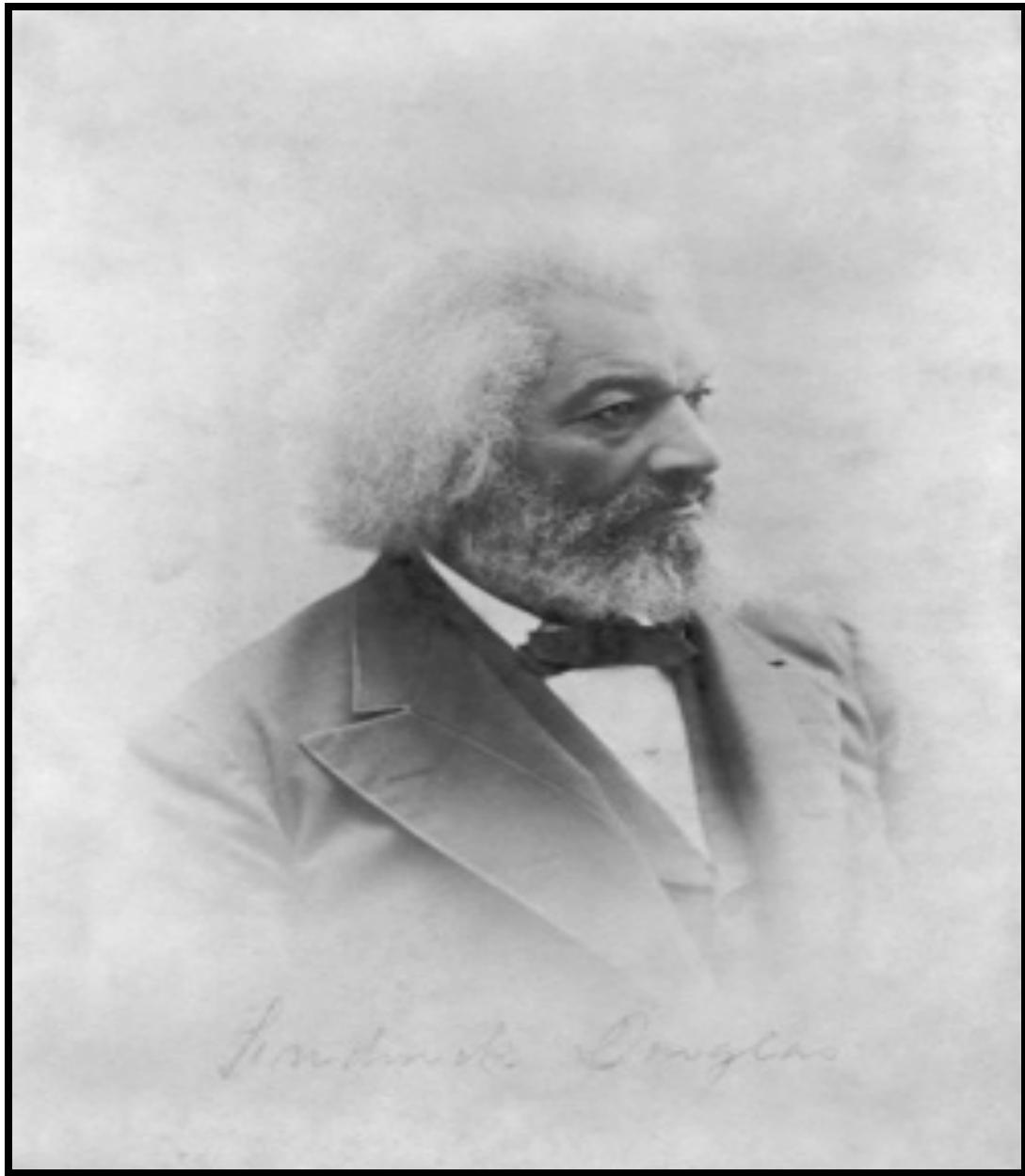
I MATTER
AND YOU
DON'T!

Wrongdoing



I DON'T
ACCEPT
THAT
MESSAGE

ANGER



“It recalled to life my crushed self-respect and my self-confidence... I was no longer a servile coward.”

--F. Douglass

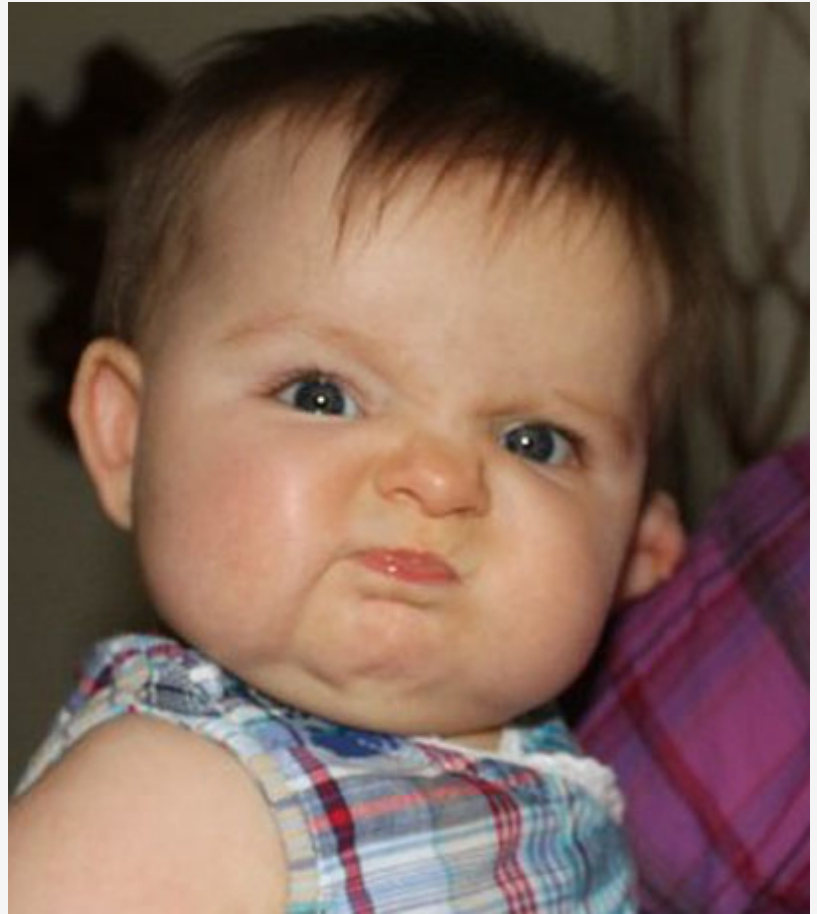
“Self-respect ... an appreciative mode of being toward and with oneself and the world with regard to one's worth. It consists of emotion, expectation, value, action, reaction, and interaction.”

--Robin S. Dillon

IT'S MOTIVATIONAL









"The Art of Anger" Henk Aarts et. Al (2010)



\$\$\$\$\$\$



\$\$



\$\$



IT'S PRODUCTIVE

“As heat conserved is
transmitted into energy,
even so our anger controlled
can be transmitted into a
power that can move the
world.”

--GHANDI

“Like the spark that ignites the fuel in an engine, anger is the stimulus that initiates action.”

-MARTIN LUTHER KING, JR.

TURN'S ON OUR NEIGHBOR?



TURN OFF OPPRESSORS?



TURNS ON FEAR?



Anger Management

≠

Anger Eradication

**The
“Fight Against Injustice”
5-Step
Anger Management
Plan**

1) EXPRESS IT

**2) GET IN
SOLIDARITY**

3) CREATE GOALS

**4) REFUSED
TO BE
POLICED**

**5) NEVER BE
ASHAMED!**



17 Muscles



43 Muscles

