

Say a little prayer to control anger

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MSNBC:

Furious about an unkind comment? Angry about a social snub? Say a prayer, even if you're not religious.

New research from American and Dutch scientists shows praying can help ease anger, lower aggression and lessen the impact of provocation.

"People often turn to prayer when they're feeling negative emotions, including anger," said Brad Bushman, a professor of communications and psychology at Ohio State University and a co-author of the study.

Read the whole story: [*MSNBC*](#)