If you feel angry...

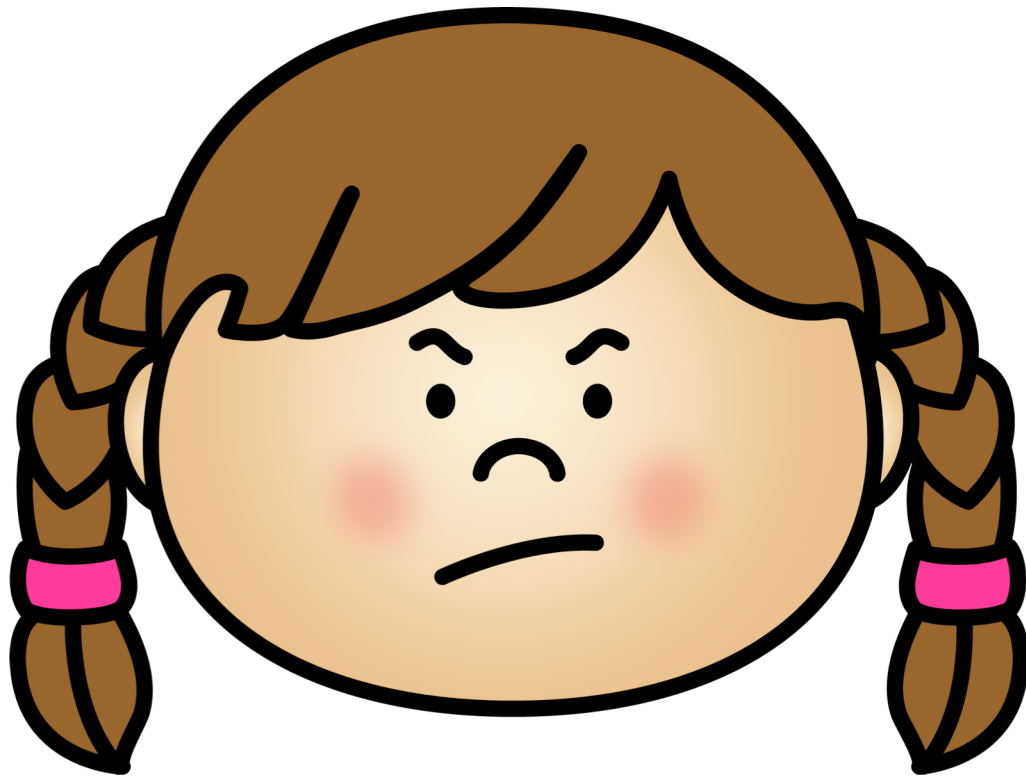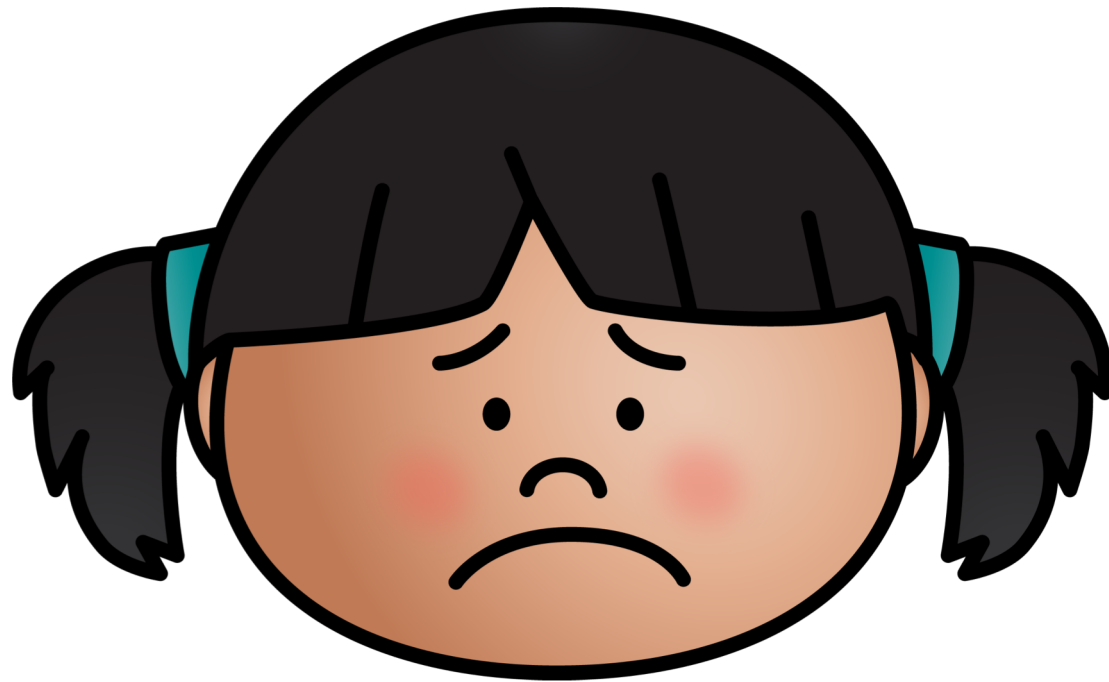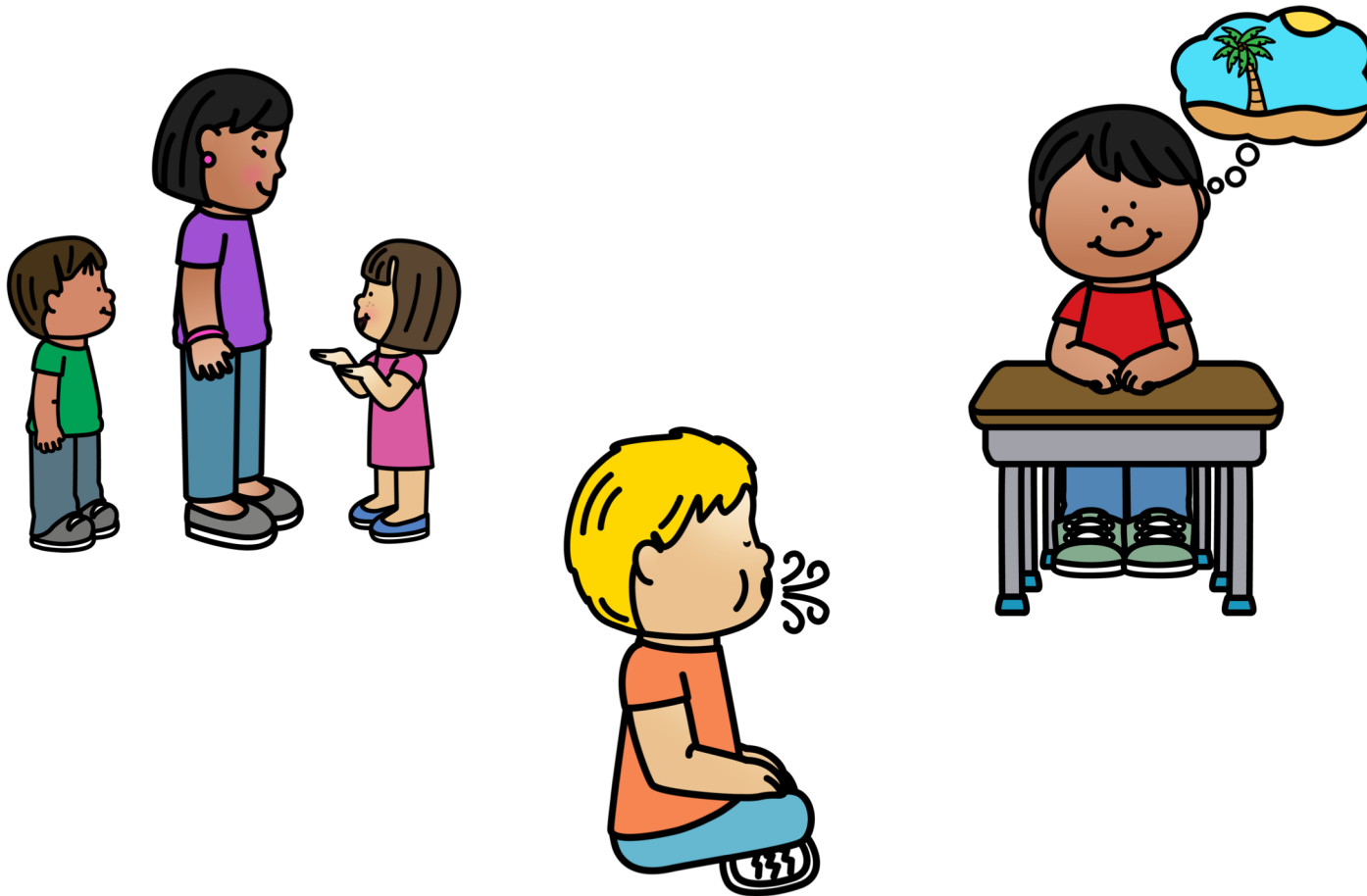# If you feel sad...

Take positive actions...

And then you'll feel glad!