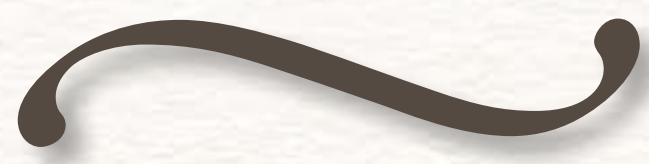


# THE SIGNS OF ANGER REMAIN



*J Brooks Jensen*

*A Brooks Jensen Arts Publication*



Anger is an acid that can do more harm  
to the vessel *in* which it is stored than  
to anything *on* which it is poured.

~ *Mark Twain*

You will not be punished for your anger,  
you will be punished *by* your anger.

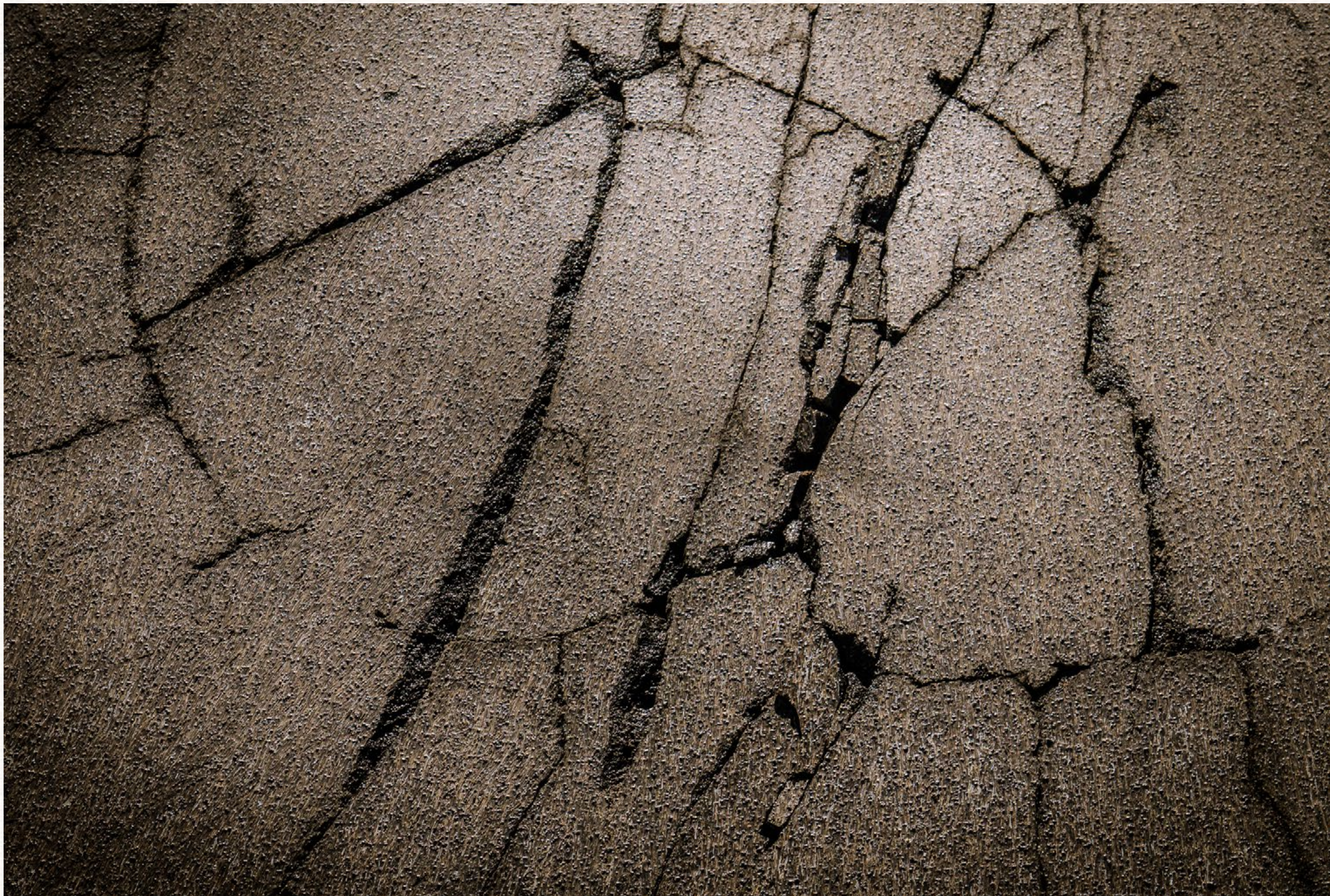
~ *Buddha*

A broken bone can heal, but the wound  
a word opens can fester forever.

~ *Jessamyn West*



*We had been friends for years, but we argued.  
We both said ugly things and our anger  
spawned cracks.*









*Once the cracks had started, mending was impossible.*



*They were too deep, too real, too inevitable.*



















*The power of anger, the power of words,  
the scars etched, solidified.*











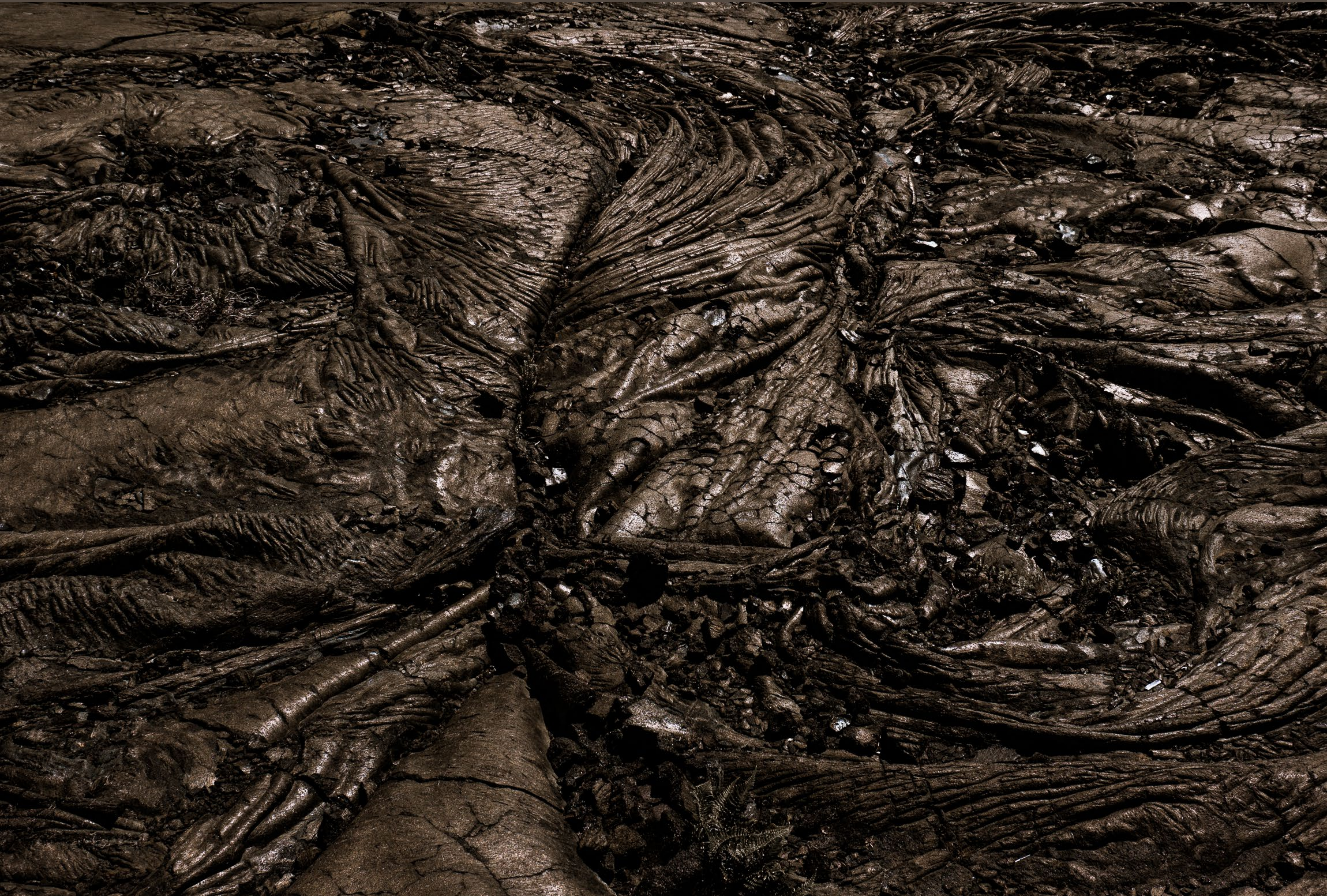


















*Was our anger more important  
than our friendship?*









*If only ... but the signs of anger remain ...*





*... and overwhelmed us at what cost?*





Although you may spend your life killing,  
you will not exhaust all your foes.  
But if you quell your own anger,  
your real enemy will be slain.

~ Nagarjuna

The opposite of anger is not calmness,  
but rather *empathy*.

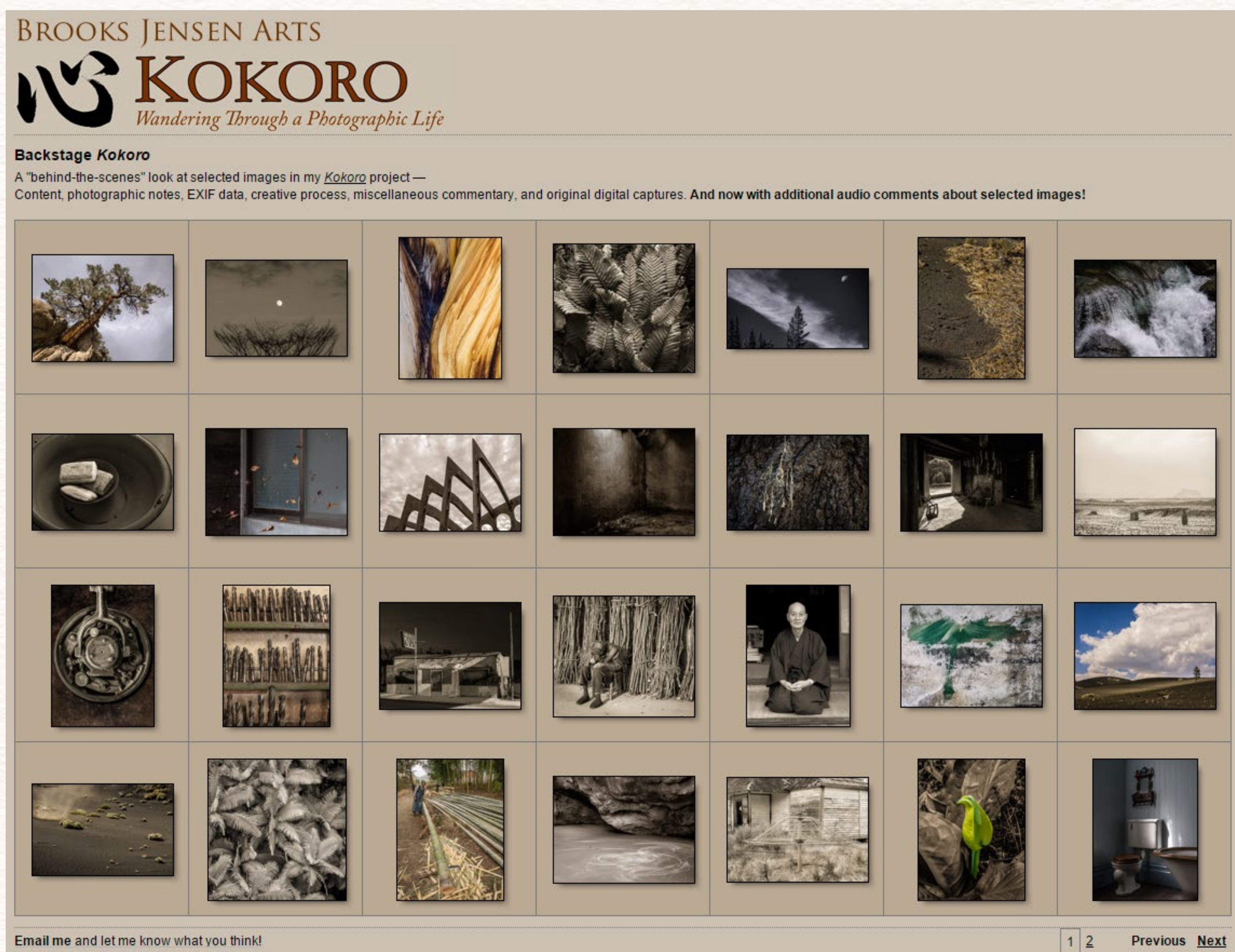
~ Mehmet Oz



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# BACKSTAGE *KOKORO*

A “behind-the-scenes” look at selected images in *Kokoro*



This [stand-alone web presentation](#) offers comments about the creative and technical process for one image per topic in *Kokoro*.

- Text and audio comments about content, and the making of the image
- Photographic notes
- Creative process comments
- Includes EXIF data for each image
- Original digital captures (downsized for the web) to illustrate the “before” and “after” of post-processing



**Brooks Jensen** is a fine-art photographer, publisher, workshop teacher, and writer. In his personal work he specializes in small prints, hand-made artist's books, and digital media publications.



He and his wife (Maureen Gallagher) are the owners, co-founders, editors, and publishers of the award winning *LensWork*, one of today's most respected and important periodicals in fine art photography. With subscribers in 73 countries, Brooks' impact on fine art photography is truly world-wide. His long-running podcasts on art and photography are heard over the Internet by thousands every day. All 900+ podcasts are available at [LensWork Online](#), the LensWork membership website. LensWork Publishing is also at the leading edge in multimedia and digital media publishing with *LensWork Extended* — a PDF based, media-rich expanded version of the magazine.

Brooks is the author of seven best-selling books about photography and creativity: *Letting Go of the Camera* (2004); *The Creative Life in Photography* (2013); *Single Exposures* (4 books in a series, random observations on art, photography and creativity); and *Looking at Images* (2014); as well as a photography monograph, *Made of Steel* (2012). His next book will be *Those Who Inspire Me (And Why)*. A free monthly compilation of of this image journal, [Kokoro](#), is available for download.

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