

Al-Muwatta Hadith (Hadith 47.12)

Anger

Yahya related to me from Malik from Ibn Shihab from Said ibn al-Musayyab from Abu Hurayra that the Messenger of Allah, may Allah bless him and grant him peace, said, "A strong person is not the person who throws his adversaries to the ground. A strong person is the person who contains himself when he is angry."

[View Page](#)

Source : *Alim.org-Al-Muwatta Hadith-12.47*