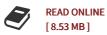




Indignity: The Misunderstood Pain (Paperback)

By Nina Berman

Nina Berman, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. We ve all suffered indignities. These are the mundane interactions with other people that cause us pain, whether it s a cruel put-down by a friend about the way we look or a stranger cutting us off in traffic. We live in a world where we are constantly told, Don t sweat the small stuff, but the truth is: the small stuff can hurt. Indignity: The Misunderstood Pain offers a gentle yet honest guide for reframing the negative events and experiences of our lives. Its pages are chockfull of stories and anecdotes gleaned from a range of people who have been wounded by the kinds of daily indignities we all face. But these indignities don t have to undermine our self-worth and well-being. Nina Berman teaches us the lasting value of leveling acts, a way to psychologically correct an indignity, mindfully and deliberately, using a simple four-step process: stop and acknowledge, feel, think, and choose. This is a book about the seemingly trivial negative experiences that can leave a lasting mark-but no longer have to. INDIGNITY teaches us how to embrace and honor...



Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- Devante Schmitt

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- Prof. Shanie Schinner Sr.