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SUFFER IN

★ ★ *silence* ★ ★

You Dont Have To Suffer

Robert Chambers



You Dont Have To Suffer:

You Don't Have to Suffer Judy Tatelbaum,2012-09-01 Challenging the firmly held belief that we must brave our circumstances and endure life s crises You Don t Have to Suffer emphasizes that while hurt is inevitable in life suffering is not The author explains that we can consciously choose how and how much we suffer over our own experiences and tragedies We can experience our losses hardships and disappointments and let go of them We learn to apply these insights to our separation from others recovery from grief relationships with our parents and children and our own bodies Rather than pour salt in our wounds by dramatizing personalizing and romanticizing events living in the past going it alone and denying our needs Judy Tatelbaum shows us how to free ourselves and see life not as a predicament but as a challenge and a gift You Don t Have to Suffer takes readers through the various trials and tribulations of how we suffer why we choose to continue to suffer and ultimately how we can raise ourselves above life s challenges *You Don't Have to Suffer* Judy

Tatelbaum,2005-09 Written with wisdom warmth and clarity this inspirational and practical handbook offers tools for overcoming problems and enjoying more fulfilling lives Judy Tatelbaum contends that while hurt is inevitable in life suffering is not We cannot control our circumstances and tragedies but we can choose how much we suffer over them The author suggests We can use powerful experiences like losses illness hardship and disappointment as stepping stones to our own growth

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