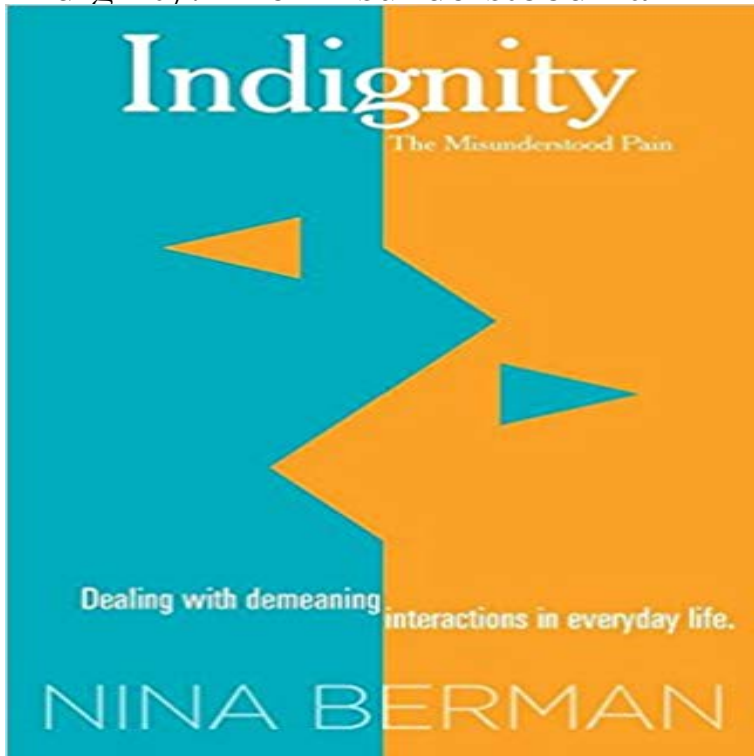


Indignity: The Misunderstood Pain



Weve all suffered indignities. These are the mundane interactions with other people that cause us pain, whether its 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, Dont 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 dont 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 our sensitivities without being controlled by them, allowing us to live a more genuine, insightful, and peaceful life.

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