



# Indignity: The Misunderstood Pain

*Nina Berman*

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## **Indignity: The Misunderstood Pain** Nina Berman

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 our sensitivities without being controlled by them, allowing us to live a more genuine, insightful, and peaceful life.

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A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a publication. The book Indignity: The Misunderstood Pain it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy often the e-book. You can m0ore simply to read this book from a smart phone. The price is not too costly but this book offers high quality.

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