

Chapter 1 : I have some friends that are backstabbers what should i do? | Yahoo Answers

Les Parrott's quote: "Storing and nurturing your pain and hurt, plotting revenge - all these punish you more than they do the backstabbers." In the workplace you may request a meeting with the backstabber and the superior involved.

Everyday Health Emotional Health Backstabbing Friends And Co-Workers You thought of her as a friend and ally, but by resorting to underhanded tactics that made you look bad, backstabbing became the only word to define her actions. Backstabbing friends are a part of life, and the act itself happens to nearly everyone at some point in life. The betrayal of a trusted friend or colleague inflicts pain and hurt. How do you deal with low-blow deceptive attacks? People who backstab tend to be insecure. Les Parrot, author of *High Maintenance Relationships*, lists these adjectives to describe a backstabber: Behaving like your best friend with smiles, a helpful attitude, and promises of loyalty and trustworthiness, the backstabber waits for the right moment and then turns on you with a vengeance. Why People Backstab Reasons why people backstab others range from cowardice to a need for power. The sole purpose of backstabbing is gaining the upper hand and garnering power. Backstabbing is not limited to one individual or another. Countries backstab from within and without. One of the most famous examples of backstabbing comes from ancient Rome where Julius Caesar was stabbed 23 times by members of the Senate and his friend, Marcus Junius Brutus. The Roman senate believed they were safeguarding a country by using treachery to dispose of a leader. Although this level of violence is not something you will experience at work, treachery and backstabbing are possibilities. Understanding why people resort to this behavior can help you recognize and prevent backstabbing behavior. Backstabbing at Work It is far easier to understand why co-workers or colleagues revert to backstabbing antics rather than a friend. Colleagues wish to gain notice from superiors and put themselves in position for advancement. Backstabbing in the office is a scheme to make you look bad and the backstabber appear better. Lies and deception are the tools of a backstabbing coworker on a mission to prove how inept you are at your job. There are many ways people backstab others at work. After completing a group project, one person may complain to a superior about how difficult it was to work with the group and that so-and-so lacked focus. By criticizing other people, the backstabber feels better about herself. Backstabbing may be nothing more than idle gossip about you to other co-workers. Using every occasion to bring attention to your faults or weaknesses is a mean-spirited tactic. Offering to complete a project or task assigned to another coworker is one such tactic. Although it makes the backstabber look good temporarily, in the long run, the backstabber will lose the confidence of her peers. Backstabbing Friends Backstabbing friends represent a different breed of underhanded schemers. It is hard to imagine what a friend can gain by backstabbing. Like a colleague, she believes she can gain an advantage in life. It might be by usurping a mutual friend closer to you. A friend that tells lies to take the upper hand wants to destroy your reputation. Even worse is the friend who reveals a confidence to others opening you up to all manner of finger pointing and gossip. When a friend backstabs the pain may be overwhelming. This is someone you trusted and believed had your best interests at heart just as you did hers. Discovering a dark side of a friend requires a new look at the friendship. Is a friend who backstabs worth keeping as a friend? How to Deal With Backstabbing Learning how to deal with backstabbing is important in order to move on. Dealing with a backstabber at work requires a different strategy than dealing with manipulative friends. Backstabbers at work - As soon as you realize that a coworker is backstabbing you, think carefully before you act. Choose which battles to fight, keeping in mind that you do not want to revert to the same behind-the-back tactics. Perhaps a friend in the office will vouch for you. Record projects with dates and times to prove that they are indeed yours. Instead of confronting your nemesis, turn her into your best friend. Go above and beyond the call of duty. Come in early and stay late. Prove your worth to the company, pulling the legs right from under a backstabber. If all else fails, ask for a transfer to another department, a different location, or seek employment elsewhere. Backstabbing friends - A backstabbing friend requires handling with kid gloves. If the friendship is over, then worrying about hurt feelings is moot. Meet the backstabber head on, but not until you can face her without anger spilling over. Be cool, calm and collected when you confront her. Expect everything and anything to be laid out on the table. Backstabbers often exhibit

passive-aggressive behavior and tend to dislike confrontations. Do not allow yourself to be pulled into an argument. Listen to what she says and then leave the situation alone. Keep your private life private at work and when meeting new people. No matter how appealing revenge looks, lowering yourself to the level of low-ball tactics puts you in the same league as the backstabber. No one wants to feel the betrayal of backstabbing best friends or colleagues. It does happen and when it does make certain that you are prepared to deal with the backstabber in an appropriate manner. For friends it may come down to cutting them out of your life. You will not have that option in the workplace. Finding ways to live with the backstabber or remove yourself from the situation. A true friend will always be there for you in good times and bad, in sickness and health. Find out now if with this fair-weather friend quiz. Thanks for signing up for our newsletter! You should see it in your inbox very soon. Please enter a valid email address [Subscribe](#).

Chapter 2 : 4 Tips in Dealing with Frienemies (Backstabbers)

All it takes is a "bless your heart" and she can tell your deepest darkest secrets and make it sound like she is doing you the favor. [Read: 12 ways to ignore someone who mentally stresses you] #5 If someone is talking badly to you about someone else, they are also talking badly about you to someone else.

How about values of loyalty, trust, and respect? Have they been thrown out of the window? Advertisement However, after feeling angry about it for a short while and realizing that this was simply ridiculous and a waste of my time, I began to turn this around and move on. Here are 8 tips to deal with backstabbers. No matter how pissed off you are, gather yourself first. An irate person will only commit irate actions, and sometimes you may say things that you regret later. Take a few minutes, even a few hours, to digest this information first. If needed, sleep on it. Once you feel calm enough, proceed to the next step. Worse still, some people may make up stories to sow discord between you and your friend. Hence, you want to fact check the story first before jumping to conclusions. I shared my side of the story to whoever they were aired to. If you have been backstabbed, take a step back and evaluate your situation. If yes, what is this damage? Is it damage to your reputation? Damage in terms of potential business deals? Damage in terms of friendships? Address the damage as best as you can within your locus of control , and then 4 Clarify with the person if you can. So when it came to this situation, especially the gravity of it outright attacking my character in front of a business acquaintance , I decided that it was time to cut off the friendship. The friendship was clearly not what I thought it was, and I had wasted too much time trying to make it work. I wrote more about handling betrayals by friends here: These people might well have passed on the comments to people they know, of which the latter group might have done the same thing, thereby making it an irrevocable damage. To address this, I simply learned to let go. Rather than obsess about something I cannot effect, I would do better by letting that go and focusing on the things I can effect. Read the next tip. Advertisement So, I decided to correct the false picture not through words, but actions. By ensuring my behavior is true to my core values of Excellence, Love, and Truth, something that I already strive to do every day. I thought it was a huge stamp of approval coming from him as he is already in his 60s, has set up and IPO -ed countless businesses, and has worked with countless people in the 40 over years he has spent in the business world. His comment reminded me that as long as I do my thing and live true to my conscience, people will naturally know what I stand for as a person. You show people you are a good person not by saying you are one or even putting down others , but by taking actions consistent with what you define as being a good human being. However, as long as you know your values and take actions consistent with them, your actions will shine more brightly than whatever people try to say about you. For more on values, check out Day This incident is no different. I learned to be more appreciative of true friends who have always been there for me. I also learned that I can be dead wrong in my judgment sometimes, and what I think is my intuition can just be a bad oversight. If you are serious about creating an impact, you are bound to ruffle some feathers here and there. Other people can put you down but you will always have your voice. In the big picture of things, the incident was just insignificant. For example, we have a meteorite that just hit Russia , injuring over 1, people. Up north, we have North Korea doing secret nuclear tests. Down south, kids in South Africa are dying every day due to famine and diseases. Then over in America, fundamental social issues beg looking into. Schools in the U. Feel those emotions, vent to your friends if you have to, and then get over it. There are so many other things to concern yourself in life. Why let yourself be bothered by something as tiny as this? Advertisement Rather than harp on the negative, why not divert your energy to the positive things in your life and build on them? What are your long-term goals? What are your short-term goals? How about getting started on them right at this moment? Have you ever been backstabbed? What happened, and how did you address it? Or are you undergoing a backstabbing episode right now?

Chapter 3 : Hurting Heart Quotes (32 quotes)

The rest of us should pay attention to symptoms such as unusual fatigue, shortness of breath or chest pain during exercise, he said, but are much more likely to strengthen our hearts with exercise than harm them.

Leave a reply I am on a mission to convert the world to understanding energy, or at least having a basic understanding of how negative action and energy affects our everyday lives. I believe becoming aware of energy is like wearing X ray glasses, you begin to see what is really happening beneath the surface of life. A lack of understanding about energy is really no excuse for how some seem to spread their negativity, especially bullies. I believe that everyone knows instinctively how toxic energy influences people. When I read of people young and old, losing the will to live because of bullying, abuse and cyber thugs, I wish with all my heart that basic energy health and psychic protection was taught in schools. Not only would that give the victims of thoughtless tyrants a tool to protect themselves and hold their power, but it might even serve to raise the awareness of how cruel words, thoughts and actions can harm a person and the perpetrator. No one wins in the game of judgment, torment and intimidation, because as all energy aware people know, what you send out comes back to you magnified. Nothing gets past the Universal Law of Karma, not because there is a giant bearded man on a cloud keeping score of your wrongs, but because everything is energy. It is neither punishment or reward, but just cause and affect. When you direct your thoughts at another, the kick back is even stronger. Yesterday I was both, and a driver committed some foul against me in a car park, he even pulled a face. It was out of my mouth before I could stop myself, I began to call him a name, and the banana I was eating broke off and fell on the floor- Karma, the law of cause and affect. It can get a lot worse than falling fruit believe me. The psychic, physical, mental and emotional affects can be devastating. The energy of attack lodges in the target like a sharp shard of glass. It can be felt physically and on all levels damages the well being of the receiver. When you speak or think harshly about someone, you are literally sending them and yourself dark energy, using anger makes it hot and sharp, and depending on the intensity of the curse that you send you can actually cause physical pain, depression, anxiety and illness to another. If you have ever experienced a harsh dressing down by someone verbally or in writing, you may have felt that energy in your body, it can hit you like a bullet or take the wind out of you, cause nausea and a racing heart. I bet if you remember an incident of criticism then you can still feel it. That is because you were feeling the energy of the words or rather the intent behind them. The nastier stuff lodges like a knife in the back, causing neck pain, headaches, back ache. A hard look or a gesticulation can be felt internally too. I wonder at how politicians and some celebrities cope with all the judgment energy coming at them, with gossip magazines, and tv shows is it any wonder that many stars end up in rehab or worse? Nowadays social media gives open slather for people to thoughtlessly pour out their judgements and casually bully whomever they feel like at any moment. I once released a ten year old boy of the energy of bullying, it had caused him to close down completely, he had stopped communicating, he was pale and withdrawn. Luckily his mother in desperation brought him to me, I helped him to remove the negative energy that he had received and by the end of the session he was rosey cheeked and cheeky, he was like a different child. This dark energy was cutting off his life force, and with it, his self belief. It is wise to count to ten before responding to a slight, Otherwise once the euphoria of releasing your built up angst passes you will feel queezy because what you send out, comes back to you! Judgement is such a low vibrational choice to make and one that has to go if you are trying to improve your life and raise your happiness levels. Are you wondering why your wishes are not being fulfilled? Look into your heart and remove all the resentment, judgment and prejudice there. These energies are like a dam wall blocking your good fortune from flowing to you. My clairvoyance shows me judgment as black energy over the crown, third eye and heart chakras of some of my clients, this includes self judgment which appears more like pins or nails. It is insidious self harm. Life looks and feels very dark when you are cut off from your source. I feel that sensitive souls are instinctively picked on by trolls and cement hearted bullies who sense an easy target to empty out the toxic contents of their ego driven thoughts. Psychic protection provides a boundary of energy that says NO Entry, it is a great beginning to setting verbal and physical boundaries. If you find that boundary

pushers are a pattern for you in your relationships, then see it as a sign from your soul that you need to start creating and upholding stronger boundaries in your whole life. Learning to say no, and owning your energy and space is a powerful life lesson that will change your life for the better so that this pattern can finally leave you. The dark heavy energy of psychic attack may feel scary, harsh and painful, but it is easily remedied. You do this by deciding that it is not personal, It just takes a little effort to understand that anytime someone judges or harms you, it comes from their own negativity, pain or fear. Hurt people, hurt people. That does not make it ok, but in general if you remember that it is not really about you, you stop accepting the energy AND you refrain from adding to it with your own self punishing stories. Divine energy is high frequency energy, the opposite of the dark stuff of judgement and persecution, a visualized bubble of light from the Divine will provide a shield or filter ensuring your positive energy is protected. Surround yourself with light filled people and situations – your light shield wont do much good if you go to work every day in a toxic environment or your friends engage in gossip and backstabbing. Seal up all the cracks in your armor- your own negative self depreciating, judgemental and defeating thoughts weaken you. Energy is magnetic- low energy attracts negative experiences, high energy attracts wonderful experiences. Make a start right now, and take that target off your back! Stop trying to get nasty people to like you or be nicer to you, it WONT work! Mean people want to be mean, they are getting something out of it. Sit quietly and make an intention to release any lower energies from within and around you. Call upon Archangel Michael and any deity that you feel connected to. Imagine a vacuum cleaner going over and around your body drawing out all toxic energies. Then allow the vacuum to clean inside your body from head to toe. Concentrate around your back, neck, head and shoulders and ask your angels to take away the affects of any harsh energy, judgement. If you know you have been attacked, judged or bullied then ask that you are released from that incident and all the trauma involved. Once you are clear , surround yourself with light. Yes even the bullies, this is high high spiritual work and can create miracles for you. You decide to let go of your resentment and the energetic link to that situation, because when you hold on to your resentment about it, you are inviting more spiritual poison. You literally have an energetic pipeline to the situation. Forgiveness breaks the cord and detoxes you on every level. Send Divine Love not your love to the situation and everyone involved. This can be immensely healing and it ensures that what you send out, comes back to you. If you cannot do this part then simply ask God and the Angels to do it. This changes your energy field and brings back your power. NB this does not mean that the person in question will instantly change, or that you love them. It is about reversing the toxic pattern and you still need to take care of yourself and avoid these kinds of people, be safe. Take physical action, the Universe LOVES and responds to decisive action and will support you in incredible ways you will find another job, partner, etc. I have worked with lots of clients who have been bullied and psychically attacked and every single one of them tried to stick it out for far too long. If you are stuck, depressed, negatively affected in any way, see a trustworthy counselor, spiritual healer or energy worker to help you to do the releasing work. Sometimes we all need another person to be the witness to our healing when we are under stress we often forget how to access our inner wisdom for solutions and self love. A true healer can intensify your healing and break the energy paralysis that often happens when we get caught in these kinds of situations Remember you are not ever a helpless victim, you can take back your power by taking positive action and change the energy of any situation. You are a spiritual being with the power to heal yourself and to heal and change any situation. I believe in your.

Chapter 4 : Tears Of A Broken Heart, Hurting Poem

Voicing the pain is better than keeping it in. Approach people you know very well and trust, like your family or your friends, and talk to them. Dealing with a broken heart seems easier knowing you've got people behind you who'll support and care for you.

A traitor; someone who betrays you behind your back. According to Les Parrott: An angry, sneaky, slick, seductive, saboteur. What motivates a person to backstab others? A need to be recognized. Just look at the queer behavior of toddlers who do not get the recognition and attention they need. They will try all techniques in the book to get that, even backstabbing their siblings. Parents rewarding backstabbing either negatively or positively actually encourage their children to acquire this technique as a habit that will make them unpopular in school and for the rest of their lives in all environments. Backstabbing can become a habit at any age. A sense of powerlessness. This person will produce testimony in a Court of Law, proclaiming to be a spectator of a crime committed by his co-criminals. In times of war he will betray his country and fellow soldiers in order to be recognized as a human being with the right to live. Who is the backstabber? A person with a low self-esteem. A self-centered, selfish person, stepping on his fellow-man on his way to the top step of success. The crawler, crawling up the ladder of success, using other people as steps, instead of climbing up, using his own skills and professional accomplishments as steps. Subtlety, or not beating about the bush, backstabbers sow distrust, pretending that they are the only ones able and capable of meeting the expectations of others. By using any information given to them, or obtained by them, they manage to turn the spotlight away from others and onto themselves. Hypocritically concealing their true feelings and emotions, others may never recognize the evil in them, until it is too late. Most adult backstabbers are too clever to give anyone the impression that they are backstabbers. They will humbly fake befuddlement and despondency regarding the work or actions of others: Husbands and wives backstab each other when they discuss their personal disagreements with non-professional third parties, pretending that they seek advice while they actually seek recognition in the form of sympathy, praise, encouragement or love. Best friends stab each other in the back in order to get the recognition they need. By now I know you so well; I can easily sense your moods. Is there perhaps something I can do for you? I care for you, you know? You deserve a medal, for loving my best friend is not always easy, or what am I talking? During this meeting you should be honest, admitting your mistakes and shortcomings, and reveal your feelings regarding the issue. If the superior is wise and honorable, he will get the picture. If he is on the same level as the backstabber, report him to his senior by following the procedures of your company regarding the airing of grievances. If he is the only superior, you may take legal action via an attorney or any institution that protects the rights of employees. For moral support confide in a trustworthy friend or a counselor. Keep their motives in mind – they desperately need recognition. You may throw your cards on the table, asking them politely to respect your marriage. If necessary, you may even draw their attention to the fact that you have the Law on your side. You may take legal steps. Teenagers showing the habit of backstabbing need counseling and recognition. Kids should be firmly discouraged to use backstabbing as a means to an end. They should get the recognition and love they deserve from all their loved-ones. If you are a Christian, remember Judas Iscariot , the betrayer of Jesus. Somehow betrayers always hang themselves, if not literally, metaphorically. See thou to that.

Chapter 5 : Chest Pain: Why Does My Heart Hurt? | UPMC HealthBeat

Look into your heart and remove all the resentment, judgment and prejudice there. These energies are like a dam wall blocking your good fortune from flowing to you. My clairvoyance shows me judgment as black energy over the crown, third eye and heart chakras of some of my clients, this includes self judgment which appears more like pins or nails.

Honesty is critical for any healing and growth to occur. How many times have you had knives stabbed into your back? How many times have you stabbed some people in the back? Yes, you have to answer this question about yourself. To be honest with yourself is a must to ensure your heart is pure in that area. Hypocrisy must be avoided. How can two words be so opposite? Unfortunately, they do go very well together. After personally experiencing Christian Backstabbing this past year and remembering my previous experiences, I felt it necessary to address this issue and bring it to the forefront of the Body of Christ. One then needs to walk wisely to avoid future stabbings. A Christian Backstabber will appear as a genuine friend. You will usually get to know the person over a lengthy period of time. The person becomes so trustworthy that you believe you have a true friend and brethren. Genuine brethren can occur for sure, but there is also the flip side to be aware of. Often, the person is not so genuine and you gradually begin to see more areas of flesh behavior come out. The maturity of your walk with Christ will reveal how long a Christian Backstabber remains hidden from your knowing. My immaturity with a broken heart permitted a few Christian Backstabbers to take advantage of my help. As I trusted two specific people over the years, I shared personal information about myself. I also helped these people financially. However, my immaturity and naivety showed because I went overboard with my sharing. These two people took advantage of my giving a hefty amount. When I finally confronted them about using me, I got the sweet smile that they will pay me back and help me when I needed it. They never came through. Instead, they actually started turning against me and accusing me of being ungodly. They gossiped about me and slandered me. I sure felt the backstabbing. I was so deeply hurt and betrayed. It was a good growth experience, though I must admit I wished often God would get them and get them good. Even to this day, they avoid me and will not even want to talk about it. I have reached out, but they have shut the door. Does God honor their praising Him and turning a blind eye to a brother they had a problem with? They refuse correction, especially from biblical authority. They refuse to even acknowledge the possibility they are insincere and sinning. They will gossip, slander, complain, and covet about other people and what God is doing in their lives. They will boast publicly, looking for any ears to listen, about the great things God is doing in them. All the while, deep down the sinful flesh has taken hold and blinded them to the truth of God. Satan has much control over them. The biggest shame is how they walk around confidently showing themselves off with a puffed up pride. They also will have animosity and bitterness toward you. Backstabbers are ravenous wolves and a ravenous wolf wants whatever you got. Paul talks about this to the leaders of the church of Ephesus. They will then tear you apart, shame you, and leave you stripped naked to die. They will also complain, gossip, and slander to you about others. Rest assured, they do it also about you to others. As much as you permit them, they will strip your dignity and your character. Therefore, you must be wise in whom you associate with. First, ensure you are not a Christian Backstabber. Be wary of the company you keep. Remember the Scripture from the top of the blog: Seek the Holy Spirit to teach you and reveal the truth behind everyone you meet. As wrong and evil what the Christian Backstabber does, you are not responsible for their actions. You are responsible for yours. If they have hurt you, it is mainly because you permitted it to go that deep. Walk wisely to prevent this in the future. Here is the Biblical approach for conflict resolution: The Bible mentions some strong things to be wary of regarding Christian Backstabbers. Here are a few. A dog returns to its vomit. Masquerade as angels of light. A tree is known by its fruit. That will be for another time or for another person to share. I have shared what is on my heart. Christ in you makes you capable of forgiving them.

Chapter 6 : Beware: Too Much Cardiovascular Exercise Can Hurt Your Heart

The Backstabbers - THIS TOWN TheBackstabbersOfficial. Give me your heart we'll give you the groove It's been too long since you got on your feet Let's go go go! Hold on.

Have you ever felt betrayed by a close friend? What about another Christian? How about an equal, a real companion? How did you react? Psalm 55 helps us deal with anguish and betrayal. In this post, I will provide four teaching points. Other than the Passion of Christ; undoubtedly, there is no greater story of treachery, conspiracy, and back-stabbing than that of Ahithophel and Absalom. And all the people who were with him covered their heads, and they went up, weeping as they went. Fear and trembling come upon me, and horror overwhelms me. Wow, David moans—“have you ever moaned in despair to God? Have you ever felt a heart of anguish? David is no different. Finding his circumstances out of his control brings him to his knees. But it is you, a man, my equal, my companion, my familiar friend. But, let us not blame others or gossip, but seek to identify the real problem and submit it to God. David reiterates to the LORD: Have you ever had someone stab you in the back with smooth words? Maybe a loved one has left you, betrayed you, or desires suddenly to see your demise? Be Honest David was honest with his emotions, before God. Assuredly when people do us wrong, we want revenge; we want to hurt them back; we want them to feel our agony and pain. However, honesty goes a long way; especially, when coupled with humility. Are you being honest with God concerning someone who has hurt you? If you are struggling with this, ask God to reveal your heart and help you through this difficult time. This leads us into the second to last point. Yes, David wished evil and death upon his conspirators, but the very next verse illustrates an imperative for us: David never ceased to call upon God. David could have easily taken this fight into his own hands, but he cried out to God, all throughout the day. David acknowledged that God heard his voice. Do you fear that God is not listening? If so, have you poured out your heart before him, with all honesty? If we have unforgiveness, then surely our prayers can be hindered—remember, be honest! Reinforce Your Faith David knows that he can trust God. God is for you, not against you. Let me ask you, where is your trust and faith? Do you let the cruel thoughts, evil actions, and wicked deeds of others to control you?

Chapter 7 : Backstabbing Friends And Co-Workers

** Do not offer too much information too soon. Keep your private life private at work and when meeting new people. *
Finally, do not resort to the very tactics used on you.*

After all those years, your boyfriend dumped you for another girl. Now, all you feel is pain. You wish someone would just smite you and end your torture. Healing a broken heart is perhaps one of the hardest things to do in life. Then, sooner or later you realize that you have to stand up and pick up the pieces. Forgetting and moving on is never easy, but there are ways you can overcome this ordeal. Here are a few tips to help you out. Erase, Erase, Erase The first step to get over a person who broke your heart is to get rid of everything that reminds you of him. Gather all the things you shared and all the stuff he gave you – from the very first love letter he wrote to the diamond necklace he gave you on your 3rd anniversary. Figure out the stuff you may want to throw away and the things you may want to return to your ex. You can ask a friend to give back these things for you. The love letters full of fake promises can go in the paper shredder. Remember all those cute couple pictures you two have? Get rid of them. Take them down from the frames or photo albums and keep them locked away. If it helps you forget, then do it. Cut The Communication One of the most annoying and confusing things about exes is that after they break your heart and leave you, they try to talk to you again. While this set-up may work for some people, those who really had it bad find this very difficult. Either past issues come up or past feelings return. Both of these can spell disaster. The most effective way to prevent this is to break all communication between the two of you. You need some time away for your heart to mend. Someday, when your wounds have healed, maybe you can open up and talk to him again. For now, just stay away from him. Not only does this show how bitter and resentful you are, but it also makes you look stupid and immature. Besides, you can get into trouble if you go overboard. No More Sad Break-Up Songs Many people have this weird habit of listening to sad and sentimental love songs while treating a heartache. In fact, they only embed the pain deeper, and letting go becomes harder and more painful. Other empowering break-up songs you can listen to include: They lock themselves in their rooms and refuse to come out. When they DO come out, they refuse to talk about it. These habits are common, but not healthy. Voicing the pain is better than keeping it in. Approach people you know very well and trust, like your family or your friends, and talk to them. You can cry if you want to. After all, these are people you trust, right? Just let all the emotions go. Go Out and Have Fun Sulking and mulling over a heartache for too long is never a good thing. Many people throw away their social life altogether. The trick is not to let all the negative and painful emotions pull you down. Think of all the things you could have done in those times when you were busy crying over your ex. Go out and enjoy life! You still have a life to live. Have as much fun as you can. Go to parties and discos. Spend time with your friends and family. You end everything, and agree not to talk again. Questions are left hanging and so is the pain that you feel. The best way to resolve this is to talk to the other person and get the closure you deserve. If you think you can handle it, meet up with him and discuss the breakup. Ask him what went wrong and why he hurt you. After everything has been cleared up between the two of you, say goodbye. Write down everything you feel and all the things you want to say to him. A reply from him or her is immaterial. The important thing is that you were able to tell your side. Life Goes On Keep this verse in mind: A broken heart mends in time. Dry your eyes and take as much time as you need.

Chapter 8 : How To Get Rid Of A Broken Heart – How to Get Rid of Stuff

Heart rhythm problems, where your heart beats too fast, too slow, or in an irregular way. Heart valve problems, which can happen when your valves become narrow or leak. Aortic dissection, a potentially life-threatening condition that happens when the wall of your aorta tears.

Not long ago, researchers studied the heart health of a group of very fit older athletes -- men who had been part of a national or Olympic team in distance running or rowing, and runners who had completed at least a hundred marathons. The results were unsettling -- half of these lifelong athletes showed evidence of heart muscle scarring. The affected men were invariably the ones who had gone through the longest, hardest training. And now a new study, this time in laboratory rats, provides solid evidence of a direct link between certain kinds of prolonged exercise and heart damage -- scarring and structural changes, similar to those seen in the human endurance athletes. The research effectively shows that years of strenuous cardiovascular exercise can damage your heart. According to the New York Times: Before I discuss this study I believe it is important to review my personal history with exercise so you can understand where I am coming from. I started running in and ran for over 40 years before I stopped. I was competitive on a local level and won a few races, so I have some experience with intense aerobic training. I am excited about these studies as they really are groundbreaking for their scientific documentation of what many of us have been warning you about for some time now on exercise. The vast majority of those who exercise are choosing to do some form of aerobic or cardio activity. This research now supports the notion that this choice is likely not your best one over the long run. By focusing on extreme examples we can tease out some of the truth when it comes to exercise. These studies help explain why well-trained professional athletes can suddenly die from heart failure. For example, four years ago, one of the best American marathon runners ever, Alberto Salazar, nearly died from a heart attack at the age of 35. I remember when Alberto won the New York City Marathon in 1990 and apparently broke the world record at the time with a 2:08:55. Unfortunately the course was later found to be short by yards and the record was taken away. This is a powerful lesson to anyone who engages in large amounts of cardio exercise, because as it turns out, conventional cardio may actually be counterproductive. Research emerging over the past several years has now given us a whole new understanding of what your body requires in terms of exercise, and many of our past notions have been turned upside-down. All of them were members of the Marathon club, meaning athletes who had completed a minimum of 10 marathons. Their ages ranged from 26 to 67, and all of them had trained vigorously throughout adulthood. The control group consisted of 20 healthy men over 50, but none of them were endurance athletes. The New York Times reported that: Fibrosis, if it becomes severe, can lead to stiffening or thickening of portions of the heart, which can contribute to irregular heart function and, eventually, heart failure. The results, published online in *The Journal of Applied Physiology*, were rather disquieting. None of the younger athletes or the older nonathletes had fibrosis in their hearts. But half of the older lifelong athletes showed some heart muscle scarring. Spending more years exercising strenuously or completing more marathon or ultramarathon races was, in this study, associated with a greater likelihood of heart damage. Additional answers were found in another study, this one done on rats, which, according to the New York Times "provides the first solid evidence of a direct link between certain kinds of prolonged exercise and subtle heart damage. All the rats had normal, healthy hearts at the outset of the study. At the end, most of them had developed "diffuse scarring and some structural changes, similar to the changes seen in the human endurance athletes. This is a profound concept; so much so that one researcher even wrote a book about it, called *The Reverse Effect*. It is a fascinating book that is absolutely counterintuitive, yet makes more sense today in light of more recent discoveries within the field. So, what does all of this mean for you? You exercise because it makes you feel better, and for most, it helps keep your weight at an optimal level. So the reasons to exercise are many. That said, their updated guidelines falls in line with other research showing the superior health benefits of high-intensity exercise. But again, the optimal intensity will vary from person to person. As described in my Peak Fitness program, after a three minute warm up, you want to raise your heart rate up to your anaerobic threshold for 20 to 30 seconds, followed by a

90 second recovery period. Then repeat that cycle for a total of eight repetitions. To perform the sprint portion properly, you will want to get very close to, if not exceed, your maximum heart rate by the last interval. Your maximum heart rate is calculated as minus your age. These cycles are preceded by a three minute warm up and two minute cool down so the total time investment is about 20 minutes, but the actual sprinting totals only four minutes! But how is it possible to get better results with less exercise? The "Magic" Factor of High-Intensity Exercise The reason for this is because high-intensity exercises engage a certain group of muscle fibers that you cannot engage through aerobic cardio, and these engaging these muscle fibers cause a cascade of positive health benefits. First, you need to understand that you have three different types of muscle fibers: Neither traditionally performed aerobic cardio nor conventional strength training will work anything but your slow muscle fibers, and hence has no impact on production of HGH. On the contrary, it has the unfortunate effect of actually causing the super fast fibers to decrease or atrophy, further impeding natural HGH production. Lowers your body fat Firms your skin and reduces wrinkles Boosts your energy and sexual desire Improves athletic speed and performance Allows you to achieve your fitness goals much faster "Bullet-Proof" Your Heart with the Right Type of Exercise The take-home message here is that one of the best forms of exercise to protect your heart is short bursts of exertion, followed by periods of rest. By exercising in short bursts, followed by periods of recovery, you recreate exactly what your body needs for optimum health. If you have a history of heart disease or any concern, please get clearance from your health care professional before you start doing Sprint 8 exercises. However, most people of average fitness will be able to do them—it is only a matter of how much time it will take you to build up to the full 8 reps. The beautiful thing about this approach is that if you are out of shape you simply will be unable to train very hard as the lactic acid will quickly build up in your muscles and prevent you from stressing your heart too much.

Chapter 9 : Backstabber Guide: 8 Tips to Deal with Backstabbers | Personal Excellence

There are too many things I need to do, too many goals I have to achieve, to be bogged down by one person's vendetta. For example, we have a meteorite that just hit Russia, injuring over 1, people.

I had a pretty limited heart for a lot of years. Only a very small number of people came within range of my love. My heart had so many qualifications and bear traps before someone could get to me that it was nearly impossible to feel my love. I remember one day in June of when I was just starting down the spiritual path. I counted out all the people I loved, and I barely got off one hand. Before I get too far, for those of you who are new to the blog, you are welcome to sign up for my free monthly newsletter to stay in touch with me: The fear of getting hurt tends to be the crux of the problem. Have we seen enough cruelty in the world yet? You may not even think of yourself as a cruel person. What a load of egoic bologna. Cruelty starts out smaller than this in neglecting to listen to another or lend a helping hand. Pain Comes and Goes: It has its broken record of particular events that it plays round and round that makes you suffer. That record makes you re-live the events instead of letting them go. In truth, a lot of pain that we feel is much more of our own doing and our own attachments. We fall in love and then we get so attached to the other person that we live and die by what that other person does or does not do. So many ego stories and personal projections play out in a relationship that it is a wonder that people find happiness in the romances playing out these days. In one of the ways where I like the Law of Attraction--which is kind of a spiritual fad these days--the idea behind LOA is that like attracts like; love will attract love. Then you get to justify yourself and your pain, "God, I only ever date these crazy bitches" or "All the guys I attract are such assholes and jerks. Opening Your Heart and the Power of Vulnerability It is a funny thing how we go through cycles of expansion on the spiritual path. When you are authentically you, you give permission to others to open their hearts and be in a sacred space. Love does a lot of healing between two people when this happens, and it opens doorways to many other things. Some people can find themselves crying or scared when this opens up. So much old karma and pain is getting washed out. Just be with it. Let it overwhelm and expand your banks, expand your capacity for love. And you will want to be careful about who you initially share this with. Your instinct will probably be to share it with everyone. Initially, just let it flow. Balance and ownership of both is important for the integral spiritual awakening path. Tips and Techniques for Opening a Closed Heart To get a little more grounded in my spiritual advice for opening a closed heart, here are a couple things that you can do to get started: Make doing an activity you love a daily practice writing, jogging, painting, wall climbing, coffee with friends, etc. Here are some things that you may want to clear out: This is a doorway to deeper change in your life. And as always, this amazing, fulfilling change has been waiting locked away inside you the whole time.