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From Hurt to Happiness is a fantastic book and I would like to recommend it to every of you currently in a relationship or who are frustrated and disappointed of relationships. When I started to read it, I couldn't stop to reading, cover to cover.

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Physical pain can also be a type of distraction from emotional pain. 5. All types of greed. Greed is the most frequent way of coping with emotional pain of unsatisfied needs. The most obvious one is greed for money, but there are many other types. Intellectual greed. Emotional greed or neediness. Sexual greed or lechery. Greed for status or ...

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Yes sometimes, it feels like the emotional pain has a physical manifestation - like our heart has actually broken. According to The Scientific American, one of the reasons lies in biology. There's part of the brain called the anterior cingulate cortex (ACC) that regulates emotions and emotional reactions to pain.

~~How To Deal With Emotional Pain - Tracking Happiness~~

We've all been hurt. You can't be an adult -- or teen -- alive today who hasn't experienced some kind of emotional pain. It hurts. I get that. But what you do with that hurt is probably

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