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Slim-Fast Weekend Stress Tips

by Dr. Jeffrey L. Gurian

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Resentment

One of the most common causes of stress is the keeping of resentments. People do things we find annoying or hurtful, and we resent them for it.

Resentment works against us, and when you truly think about it, it really makes no sense. Resentment is like you taking poison, and expecting the other person to die.

The moment you start to resent someone you become their slave. They automatically control your mind, your dreams, and your actions. They rob you of your peace of mind, take away your ability to concentrate, and take away the pleasure of your work.

They not only live rent-free in your head, you cannot even take a vacation without them tagging along for free. They destroy your freedom of mind, and hound you wherever you go. There is no way to escape the person you resent.

They are with you when you are awake, and they invade your privacy while you sleep. They are next to you when you eat, when you drive your car, and when you are trying to work.



You can never have efficiency or Happiness. They even influence the tone of your voice. They require you to take medicine for things like indigestion, headaches, and loss of energy. They even steal your last moment of consciousness before you go to sleep.

The really ironic thing is, you can bet your bottom dollar that they're probably not thinking about you at all.

So if you want to be a slave, harbor your resentments. If you really want to get even with someone, and be Happy, Joyous, and Free - just let them go!!!

Come back and visit us next week for another Week-End Stress Tip from Slim-Fast.

Until then, I'll be sending you light and lots of positive energy,

Sincerely,
Dr. Jeffrey L. Gurian

Author's Bio. - Dr. Jeffrey L. Gurian is a Practitioner, and an Associate Clinical Professor at N.Y.U. in the Oral Medicine/Oro-Facial Pain Department. He is on the board of The Association for Spirituality and Psychotherapy, and is also the founder of The Happiness Center Institute™, dedicated to the treatment of stress-related illness, and chronic head and neck pain, using "STAR" Therapy, his body-mind-spirit



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