

Title:

The Importance of Laughter and Tears

Word Count:

761

Summary:

Ron grew up in a household where laughter and tears were never expressed. Anger was the main f

Keywords:

laughter, tears, showing emotion

Article Body:

Ron grew up in a household where laughter and tears were never expressed. Anger was the main f

Ron grew up, went to college, became a successful lawyer, married and had three children. Yet

Ron reached out for my help because he was not only very unhappy, but was often in physical pa

Ron told me that he spent much of his non-working time daydreaming because when he was present

However, Ron was now 48 years old, and the daydreaming was no longer working well. The pain wa

The issue behind Ron's pain was that his primary intention in his life was to control. He want

Ron's control had worked for him to a certain extent. He was financially successful. He had al

The problem Ron was facing was that having control was far more important to him than being a

Imagine how a child would feel if you put him into a box and told him he could never laugh or

It was a tough battle for Ron. At those moments when he let go of control and opened his heart

Ron wanted something he could not have ~ the illusion of safety that being so controlling gave

After much hard work, Ron finally saw that being loving to himself by letting himself experien

Laughter and tears are great gifts that allow us to release our feelings in healthy ways.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>