***Everyday Cruelty: How to Deal with Its Effects***

***without Denial, Bitterness, or Despair***

**By Helen Kobek**

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**Contents**

**Acknowledgements** ix

**Introduction** 1

***Chapter 1* What Is Everyday Cruelty?** 7

***Chapter 2* How Everyday Cruelty Affects Us** 19

 It Stresses Our Bodies 20

 It Messes with Our Minds 21

 It Assaults Our Emotions 22

 It Undermines Our Spirits 24

 It Makes Us Do Destructive Things 25

***Chapter 3*** **How Everyday Cruelty Does**

 **So Much Harm** 27

***Chapter 4*** **Practical Strategies for Dealing**

 **with Everyday Cruelty** 47

 Comfort and Strengthen Our Bodies 49

 Calm and Reclaim Our Minds 76

 Soothe and Heal Our Emotions 105

 Strengthen and Revive Our Spirits 115

 Modify How We Act in the World 130

***Chapter 5* How to Help Others Deal with**

 **Everyday Cruelty** 153

**Conclusion** 159

**References** 163

**About the Author** 165