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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Other Side Of Easy

By Lee Wise

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THE OTHER SIDE OF EASY

Initial Responses To Difficult Days

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NO WARNING SIGNS AHEAD...

They often come unannounced.

No warning.

No time to prepare.

Our normal, everyday world is invaded by an intruder we didn't seek, don't want to know, and will soon wish we had never met.

These unwelcome "guests" break into our lives in a variety of ways. One may choose to enter through the door of our family physician's office with an unanticipated diagnosis.

Another intruder may trespass our personal space by means of a phone call about a family member or close friend.

While these "guests" may introduce themselves to us in any number of ways, what they lead us to is always the same.

The Other Side Of Easy

They lead us to *difficult times.* Times I have come to label as...

"The other side of easy."

I'm no expert in dealing with tragedy — believe me. I have, however, made some observations about how myself and others have tried to cope in the early days when tragedy strikes.

I will list a few of these observations for you below. I

wrote them down within a few weeks after my wife received a phone from our daughter while we were driving home from a short trip we had taken for the day. Her call began with: "Mom, are you driving? If you are, maybe you had better pull over."

Our own "special guest" had come to pay us a visit.

My observations are...

WE DO WHAT WE NEED TO DO FIRST

*Immediate needs take front row seats in our world.
*Needs of all kinds can — and should — dictate what we do. People needs receive the highest priority.

"Is everyone okay?"
"What can I do to help?"
"Do you need anything?"

*Schedules are readjusted. Day by day phone calls may not be made. Trips may need to be planned.

WE LOOK FOR WHATEVER IS GOOD, POSITIVE AND VALUABLE IN THE WORLD

Tragedy is ugly. People are hurting. Physical and emotional "staying powers" are stretched to the limits.

But in the midst of it all, it is good to realize that...

*There are good people in the world
*There is "good" in the world

The Other Side Of Easy

It is helpful to acknowledge and appreciate both: good people and "the good." My tragedy doesn't negate what is true. Rather, it seems to be helpful to affirm these truths.

WE EXPECT NOTHING LESS THAN REALITY FROM OURSELVES

We expect the high moments. Moments when we are functioning pretty well. We are coping.

But then again, we also expect low moments. Moments of discouragement, perplexity or fear.

And we also expect a wide range of both: high and low moments in what could be considered rapid succession.

We call this..."dealing with reality." It's okay.

WE MAKE ADJUSTMENTS AS NEEDED AND KEEP GOING FORWARD

Activity is good: the more normal, the better.

I don't expect to produce at my "top level."

However, neither do I presume that I will work at my lowest possible level.

I need to adjust. To flex. And keep going forward.

I need to do the best I can within the confines of my physical and emotional state — but keep doing what needs to be done on a daily basis.

There is a good measure of truth in the old statement: "Life must go on."

WE LAUGH

Laughter and good humor — each has its place during the sad times we face. They help us gain a sense of balance.

Light moments tend to assist us in dealing with the pain.

And, those lighter moments are "okay."

WE SEE HOPE

The Other Side Of Easy

Because there are good people in the world, we see hope in them. They help, pitch in, care, and pray.

Because of our own experiences that we have had to walk through in life, we can see hope in ourselves and our ability to deal with bad things that happen to us.

Because of who God is and how He has worked in our lives, we have hope. Hope in His strength, guidance and goodness.

IF I WERE TO TURN THESE OBSERVATIONS AROUND...

And make them into a set of personal suggestions to help in the initial moments of difficult times, they would be:

*Do what you need to do first. Do whatever it takes.

*Look for good in people and in the world.

*Have realistic expectations about yourself and others during those times.

*Make whatever adjustments you need to make and strive to keep moving forward as much as possible.

*Allow humor and laughter into your world. It's okay to laugh.

*Don't lose hope. See hope in others, in yourself and in God.

A PERSONAL WISH

If this article finds its way to you while you are somewhere "on the other side of easy," I wish you personal peace, strength to endure, and God's best.

Should only one short comment or thought bring you a ray of hope or a moment of personal joy, I will consider my taking time to write these brief thoughts worthwhile.

Yours for a day filled with beautiful moments in time,

Lee

Lee is a seminary administrator, has a part-time business at home, and writes two motivational ezines: "A Beautiful Moment In Time" and "Hope For Daily Living." Permission is given to distribute article. This paragraph must be included. Email: Lee@seariches.net
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Are You Two-Faced?

By Kathy Thompson

Are You Two-Faced? by Kathy Thompson

When you look at a face, first draw an imaginary vertical line down the center of the face from the forehead to the chin. Notice the difference in the two sides of the face. Are you two-faced? Yes, you are, everyone is, literally.

The left side of the brain controls the right side of the face/body. So the right side of the face will show your logical, intellect, thinking, your computer, your public, professional side. The right side of the brain controls the left side of the face/body. So the left side of your face displays your emotions, imagination, dreams, intuition, your personal side. This is the side you keep to yourself.

The asymmetric face shows that a person can have one personality style in their personal life (left side), and a different style in their professional life right side).

You can use this to find out where a person's stress is. When a person is under too much stress the iris is pulled up. But which eye is it? The right eye will indicate if the stress is from the job. The left eye shows is the stress is from home.

the complete story is in "Predict & Prevent Violence". You can get a copy at;<http://www.words4-u.com/catalog.html>
Or Contact Kathy at; ireadfaces@words4-u.com

With 8 years of teaching and 15 years in Toastmasters, Kathy Thompson really enjoys the platform. She has a B. S. in Business Communications and has taught her programs around the country at various businesses and Adult Education Centers. Writing has been a passion all her life, and she loves to write non-fiction and fiction. Her works have been published on-line and off. Kathy's goal is to help you to reach your potential.



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