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**What To Do Instead...A Message For The Broken Hearted**

By Yvette Dubel

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"The truth that makes men free is for the most part the truth which men prefer not to hear."

**Herbert Agar**

It may not be exactly what you want to hear, but I think this is especially true when it comes to relationships. The more emotional the situation&nbsp;the more truth there seems to be in that quote.

Are you wondering just what this has to do with small business resources?

If you've read my other articles on this topic you already know what direction I'm taking you in-) I am a small business advocate that encourages its use as a platform for learning the lessons of responsibility, the best part of ambition...I want everyone to know what it feels like to dedicate each day to giving expression and focus to your passion!

I encourage those of you crying because some person didn't love you as much as you wanted to pay special attention. If you know someone in that boat, send them a link to this article.

There is an element of "you are alone" that we must all confront and accept as a part of life, instead of constantly seeking validation of that reality's denial.

No one else can enter your pain with you, nor can they fully enter your joy. Those are internal experiences. Not even the most ideal partnership can spare you from that reality.

Discovering the person you love is not who you thought can feel like a kick has landed in your chest. Among the unfortuate side effects are loss of appetite, insomnia, constant weeping, etc.

But what do you do when you're tired of crying because it feels like your eyes will pop out? Or when you're just sick of feeling sorry for yourself. No amount of crying will change what has happened.

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How long it takes for you to feel better depends totally on you. When will you make up your mind to get on with living?

Hopefully you'll know where to turn when you've had enough of thinking in circles and getting nowhere. Start by reading product reviews, strategic development materials, and mapping out the plan for your success.

What do you do next? You build your business. Those restless moments when you want desperately to call and beg him to come back are better used if applied to a productive aspect of building your enterprise.

Can't sleep? Then get to&nbsp;work on your marketing plan.

Why? Because you have to begin taking actions that empower and validate you ...the life you create for yourself. Focusing on your business is a way to begin working and focusing on your future,&nbsp;independent of self defeating relationships.

This approach to your recovery has many long term benefits. Chief among them, it helps you become oriented with the concepts of relationship valuation that will enhance all of your future relationships, professional and personal.

With diligent conscious attention this can be an exercise in breaking old relationship patterns by creating a better relationship with yourself. Building your business is an investment in your future at the most fundamental level. Attention to your material well being is a basic expression of self love when you intend it to be so.

This is why entrepreneurship works as an effective intervention. The pay off is obvious. Your business success is the key to affording the financial freedom and lifestyle you envision. Stop postponing your good until someone else shows up. You're already here and I know just where you can get started.

Yvette Dubel is the founder of

. he favored&nbsp;spot for small business

resources and relationship advice in **Elements Of Your Simple Plan for Success** ezine.

<http://www.enhancementconsulting.net> Email [info@enhancementconsulting.net](mailto:info@enhancementconsulting.net) with your questions.

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### **Poetry in a Nutshell**

**By Gary R. Hess**

Poetry is more than just rhyming and prose that is in meters and verse. It is an art form. It is something that can not be judged by its cover and can not be criticized to the point where it just "sucks." Poetry is

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about expression. Poetry expresses the way we feel on a certain subject through imagery and other senses. It helps us deal with our daily problems, be it good or bad.

The emotion which is put within the poem brings it life. A poem without emotion is not a poem at all but simply prose. Poetry is what makes us feel happy or sad, mad or gleeful, loving or broken hearted. Poetry is life on paper. It does not need to be of a certain subject or even rhyme.

Poetry is poetry. It has its own mind. If it flows good if not... it needs work. The rules can be bent but not broken. Our life is our life and no one can tell us what we have been through but ourselves. We know best not some stranger reading our poems. Our poetry is our life, not what someone says.

Rhyming in poetry is not always the best way to express yourself. Rhyming actually takes away many words that could have been used. If you try to rhyme it cuts your dictionary into little pieces. It doesn't need to be this way, choose flow over rhyme.

As a result of this, poetry is defined as a way of putting flowing words together in meter and verse to show emotion or tell a story.

Gary R. Hess is a webdesigner and writer for

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Poetry in a Nutshell

"Mended Heart"

Here's Exactly What Makes Web Audio So Powerful

Company E-Mails - Say What You Mean, Mean What You Say!

Scripture For When You Have A Broken Heart

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101 tips to stay fit and live longer.

The Power Of Laughter



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