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From Hurt to Happiness is a fantastic book and I would like to recommend it to every of you currently in a relationship or who are frustrated and disappointed of relationships. When I started to read it, I couldn't stop to reading, cover to cover.

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Yes sometimes, it feels like the emotional pain has a physical manifestation – like our heart has actually broken. According to The Scientific American, one of the reasons lies in biology. There ' s part of the brain called the anterior cingulate cortex (ACC) that regulates emotions and emotional reactions to pain.

~~How To Deal With Emotional Pain ... — Tracking Happiness~~

We've all been hurt. You can't be an adult -- or teen -- alive today who hasn't experienced some kind of emotional pain. It hurts. I get that. But what you do with that hurt is probably

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