

# A Better Way Deal with Insults and Humiliation

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Most people find insults or humiliation very painful, in some ways, more difficult to deal with than physical pain. The sages say that if someone is humiliated and doesn't respond, they are able to make a powerful bracha (blessing) at that time. They are also revealing wisdom. If someone verbally insults or humiliates you, should you respond? Can you overcome the hurt in your heart? Can you ever reach a point where an insult doesn't bother you at all? What are the various ways to look at insults and humiliation? Could these unpleasant words even be a gift?

If you truly follow Rebbe Nachman's advice and believe in your own personal worth, you will be able to deal with any insults

that come your way.

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