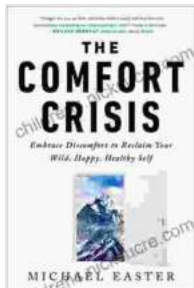


# Embrace Discomfort To Reclaim Your Wild Happy Healthy Self



## The Comfort Crisis: Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self by Michael Easter

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3239 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 284 pages



Life is meant to be lived in the wild, free, and untamed. But sometimes, we get stuck in our comfort zones, and that's when life starts to feel small. If you're ready to break free and reclaim your wild happy healthy self, then you need to be willing to embrace discomfort.

### What is discomfort?

Discomfort is anything that makes us feel uneasy, anxious, or stressed. It can be physical, emotional, or mental. When we experience discomfort, our body's natural response is to avoid it. We want to run away, hide, or do whatever we can to make the feeling go away.

But what if I told you that discomfort is actually a good thing? That it's a sign that we're growing and changing? When we step outside of our

comfort zones, we open ourselves up to new possibilities. We learn new things, we grow as individuals, and we become more resilient.

### **Why is it important to embrace discomfort?**

There are many reasons why it's important to embrace discomfort. Here are a few:

- **Discomfort helps us grow.** When we step outside of our comfort zones, we challenge ourselves and grow as individuals. We learn new things, we develop new skills, and we become more confident in our abilities.
- **Discomfort makes us more resilient.** When we face challenges and overcome them, we become more resilient. We learn that we can handle anything that life throws our way, and we develop a sense of inner strength that can help us through any difficulty.
- **Discomfort helps us connect with our wild selves.** When we embrace discomfort, we tap into our primal instincts and reconnect with our wild selves. We learn to live in the moment, to trust our intuition, and to live life on our own terms.

### **How to embrace discomfort**

Embracing discomfort is not always easy, but it's definitely worth it. Here are a few tips to help you get started:

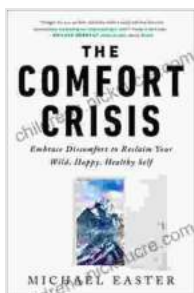
- **Start small.** Don't try to do too much too soon. Start by taking on small challenges that you know you can handle. As you become more comfortable with discomfort, you can gradually increase the difficulty of your challenges.

- **Be patient with yourself.** It takes time to get used to discomfort. Don't get discouraged if you find yourself struggling at first. Just keep practicing, and eventually, you'll find that you're able to tolerate more discomfort.
- **Find a support system.** Having friends or family who support you can make a big difference. They can help you stay motivated and offer encouragement when you're feeling down.

If you're ready to live a wild happy healthy life, then you need to be willing to embrace discomfort. It's not always easy, but it's definitely worth it. When you step outside of your comfort zone, you open yourself up to new possibilities and become the best version of yourself.

So what are you waiting for? Embrace discomfort today and start living the life you were meant to live!

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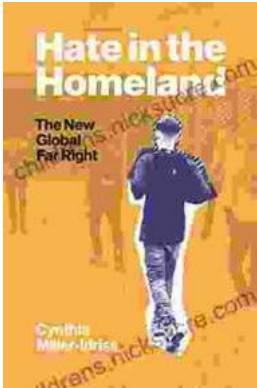
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