



Inspirational Emails

The Key to Great Relationships

God Nuggets, Issue 6

*"Encouraging words cause life and health,
gripping brings discouragement."
Proverbs 15:4*

This wonderful sound bite of wisdom is so simple, yet so profound. If you desire wonderful, empowering relationships; if you want *even* strangers to be attracted to you; if you value a healthy (stress free) life; **make a practice out of encouraging others with wise, prudent and cheerful communication.**

Are you experiencing discontent within your self, within your family, friends or co-workers? Then listen to yourself for a day. Take note of each time you gripe, nag, correct, raise your voice, or speak negative, self-defeating words to another--*or even just mentally to yourself.* Add it all up and note the correlation of the level of discontent you experience with others and yourself.

Is this what you really want?

by C.V. Doner