

Episode-21

Nurturing Resentment is Bad Bad Bad..

RESENTMENT

In a moment of hurt and anguish, it seems justified to blame someone else for all the wrongs. We turn our tender hearts and strong minds into a nest for harbouring hatred and anger. It does us no good rather lead us to an eventual doom. Resentment is a siren song. It gives us a false sense of power but in reality it's a mere defence mechanism.

Tune in to today's episode as we take a deeper look at this problem and strive to uproot it from our lives.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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