

Laughing Through The Ugly Cry

Have you ever experienced that moment when you are watching a heart-touching movie or reading a tear-jerking book, and suddenly, tears start streaming down your face? Well, that's what we call the "ugly cry," the cry that makes us look less beautiful but feels so good within.

Laughing and crying are often considered two opposite emotions, but they are more connected than we might think. It has been said that laughter is the best medicine, but what about a good cry? Laughing through the ugly cry can be an incredibly therapeutic and cathartic experience that helps us release emotional tension and find healing.

The Benefits of Laughter

Laughter has always been known for its incredible ability to improve our mood and make us feel good. It releases endorphins, the "feel-good" hormones, which instantly boost our spirits and reduce stress levels. When we laugh, our brain sends signals to the body to relax, releasing muscle tension and promoting a sense of well-being.



Laughing Through the Ugly Cry: ...and Finding Unstoppable Joy by Dawn Barton (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3644 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 207 pages
Screen Reader	: Supported
X-Ray	: Enabled



Moreover, laughter is contagious. It brings people together, creating a sense of unity and strengthening social bonds. It allows us to connect with others on a deeper level and reminds us that we are not alone in this world.

Why Do We Cry?

Crying is a natural emotional response that humans have to various situations. Whether it's due to happiness, sadness, anger, or frustration, crying is a way for us to express our emotions when words fail us. It acts as an outlet for pent-up feelings, helping us release emotional stress and find relief.

However, crying is often seen as a sign of weakness or vulnerability, which makes people suppress their tears and hide their true emotions. This suppression can lead to emotional and physical discomfort, as the build-up of unexpressed emotions puts a strain on our well-being.

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Now that we understand the benefits of both laughter and crying, let's explore the concept of laughing through the ugly cry. When we laugh through our tears, we combine the healing powers of both emotions, creating a unique and transformative experience.

Imagine this: you're watching a heart-wrenching movie, completely engrossed in the storyline. The tears start welling up, and your face contorts into that "ugly cry" expression. However, amidst the tears, something funny happens on the screen, and you burst into laughter despite your emotional state.

This simultaneous experience of laughing and crying allows for the release of intense emotions in a safe and cathartic way. It helps us navigate through the complexities of our feelings, allowing us to process them more effectively. It acts as a bridge between vulnerability and strength, reminding us of the beauty that lies in embracing our imperfections.

The Healing Power of the Ugly Cry

Laughing through the ugly cry not only provides immediate emotional release but also offers long-term healing benefits. By allowing ourselves to be vulnerable and express our emotions freely, we create a space for emotional growth and overall well-being.

The ugly cry gives us permission to be authentic and unapologetically ourselves. It reminds us that it's okay to feel deeply, even if it means looking less glamorous in the process. It teaches us to embrace our imperfections and find beauty in our vulnerability.

Moreover, laughing through the ugly cry helps us develop emotional resilience. It allows us to process and recover from heartache, grief, and other challenging emotions. It teaches us that it's possible to find joy even in the midst of pain, creating a profound sense of strength and hope.

Next time you find yourself on the verge of an ugly cry, embrace it wholeheartedly. Allow yourself to laugh through the tears, knowing that this unique experience is not only normal but also incredibly beneficial for your emotional well-being.

Remember that laughter and crying are not mutually exclusive. They are interconnected and enrich each other in profound ways. So, laugh through the

ugly cry, and let your emotions flow freely, knowing that you are on the path to healing, growth, and greater self-acceptance.



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Do you believe that joy is a choice? Dawn Barton does. She's an upbeat Southerner with good hair and a successful business background, but she's had more heartache than most of us can imagine. *Laughing Through the Ugly Cry* is a collection of honest and sometimes raw stories. Dawn throws an arm around readers as she brings them along on her journey through the loss of a child, divorce, cancer, rape, the death of her only sibling, her husband's substance abuse, and finding her way back to Jesus in the middle of it all.

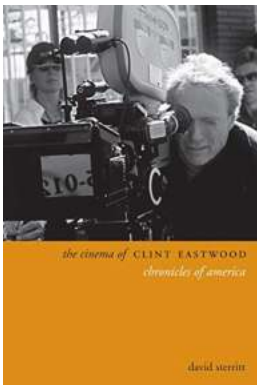
Dawn shares her personal story to show readers how to find happiness and purpose even in the darkest of days. By laughing through the ugly cry, you will discover how to:

- Shut down negative feelings causing you to feel inadequate
- Identify the pros despite how challenging the cons may seem

- Embrace joy wherever you can find it
- Learn how to be honest with yourself and process grief in a healthy way

Dawn writes, "If more women were open about just how difficult our lives feel and how hard we are on ourselves, I think we'd learn to relax a little and give ourselves the grace God gives us every day." *Laughing Through the Ugly Cry* is great for:

- Women of any age seeking comfort, encouragement, and inspiration
- Book clubs and girls' nights--Dawn poses thoughtful group questions to support meaningful conversations about growth and joy



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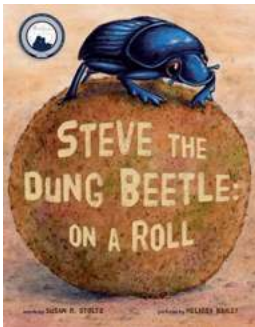
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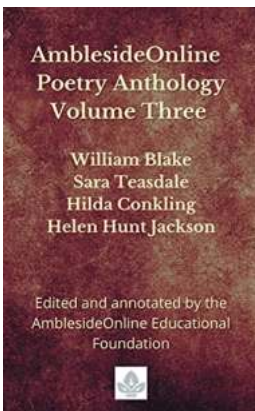
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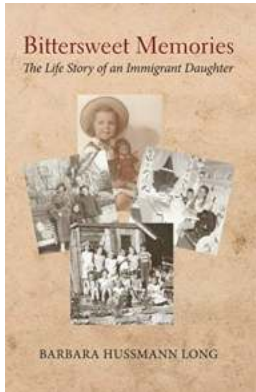
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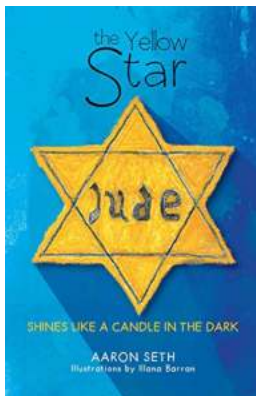
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