



"Life Coaching For Your Individual Greatness"

**DO YOU HAVE A PH.D?**

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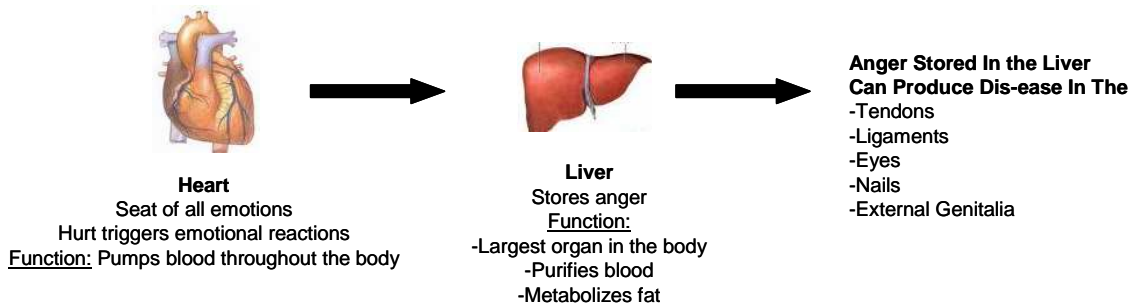
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It's nearly impossible to escape the influence of hip-hop music in our society today. It's everywhere from ring tones to fashion. And, of course, this form of music has influenced the spoken word. Most of us would interpret the meaning of the letters Ph.D. to stand for the Latin distinction of Philosophiae Doctor (Doctor of Philosophy). But, in hip-hop, Ph.D. is the acronym for Player Hater Degree and is often used to describe the jealousy (or hate) one person may have toward another. It is in this context that I ask if you have (or have ever had) a Ph.D.? My guess is probably so. Here's why. Anger, can appear in your life in many forms. Some include:

- Bitterness
- Blame
- Criticism
- Frustration
- Hate
- Impatience
- Irritation
- Jealousy
- Rage
- Resentment

If you have, or have had, any of these feelings (even if it was temporary), you had a Ph.D. If you are holding on to any of those feelings today for any reason, it is important that you work on releasing them due to **the harm you may be causing yourself.**

As illustrated below, our hearts are the seat of all our emotions and a particular "hurt" will trigger an emotional reaction that will affect either the lungs (grief) or the liver (anger). Anger—in any of its forms—if allowed to "grow" has the potential to produce disease in your physical body.



**What sense does it make to hold onto anger when it can literally destroy your body temple?**

Believe me, I know there are times when things happen that make the anger rise in you so fast that you have no idea where it came from or how to stop it from spilling over. It is precisely at those times when **you must control your emotions and your responses,** if for no other reason than to minimize the harm

you could cause yourself. So, when you are about to hit the boiling point, or some other form of anger rears its ugly head, don't grab your Ph.D.; instead repeat to yourself three little words from Mark 4:39:

**...peace, be still...**

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