

The Two Wolves that are Inside Each of Us

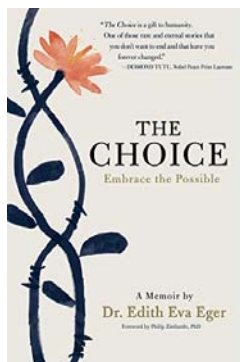


A friend of mine found this story on a piece of western art. The lesson is so powerful that I felt compelled to share it with you: “One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, ‘My son, the battle is between two ‘wolves’ inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.’ The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’ The old Cherokee simply replied: ‘The one you feed.’”

Now it is your turn to take action

What am I going to do today to determine which “wolf” I’m going to feed?

How about also reading...



[The Choice](#) is a powerful, moving memoir—and a practical guide to healing—written by Dr. Edith Eva Eger, an eminent psychologist whose own experiences as a Holocaust survivor help her treat patients and allow them to escape the prisons of their own minds.

Edith Eger was sixteen years old when the Nazis came to her hometown in Hungary and took her Jewish family to an interment center and then to Auschwitz. Her parents were sent to the gas chamber by Joseph Mengele soon after they arrived at the camp. Hours later Mengele demanded that Edie dance a waltz to “The Blue Danube” and rewarded her with a loaf of bread that she shared with her fellow prisoners. These women later helped save Edie’s life. Edie and her sister survived Auschwitz, were transferred to the Mauthausen and Gunskirchen camps in Austria, and managed to live until the American troops liberated the camps in 1945 and found Edie in a pile of dying bodies.