

Mending a broken heart

Dear Annie: I am writing to you with my heart completely shattered. Someone I had been seeing for a while, whom I thought felt the same for me as I do for him, made a complete fool out of me and burned me to the ground.

I am not a clinging vine and was very understanding about his job and never made demands on his time. He lied to me, blew me off and just stopped communicating with me. He wouldn't answer my calls or reply to my text messages. I have not slept well in almost a week.

My wise-beyond-her-years daughter told me not to let him have so much power over me, but I am having a very hard time with this. What can I do to put him out of my mind and move on? I didn't deserve what he did to me, and I know he doesn't deserve me, but that doesn't make this hurt any less. Any advice? — *Brokenhearted in North Dakota*

Dear Brokenhearted: In this case, daughter knows best. She sounds like an intelligent, kind young woman, and you must be a remarkable woman yourself to have fostered those qualities in her. Keep setting a great example. Act how you'd want her to act if some guy did this to her.

As for making it hurt less, time is the best salve, but exercise works wonders, too. Make a playlist of empowering songs and go for a run, do yoga or just jump around the house.

Although it hurts terribly now, that ache in your heart will get a little duller every day. Any man who's too cowardly to have an honest conversation is not worth your time. Eventually, you'll want to thank this loser for breaking up with you.

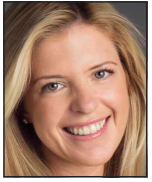
Dear Annie: I hope you can help me with my request. It came to my attention the other day that many elderly people and those without a computer are not aware

of those family members and friends who post online condolences.

A 90-year-old family friend of mine had no idea that over two dozen people had written to her and her family when her husband passed away two years ago. I copied this information for her and sent it to her. She was very grateful. She was also a bit hurt that the funeral home and her own children did not think or care to do the same. Please, Annie, put the word out there. Funeral homes should make this a part of their package. She called me again to say that she has called several of the people who posted their condolences online, and she said that this is the best she has felt in over two years! It's such a small thing to do when someone is mourning, but it means so much. — *Spreading the Compassion*

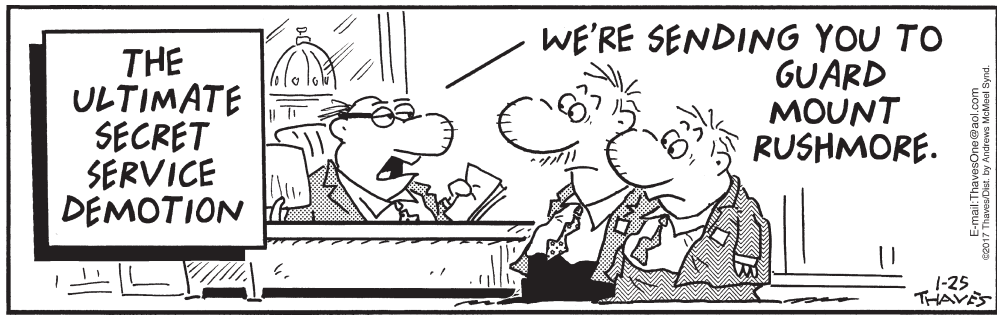
Dear Spreading: Thank you for this thoughtful note. In this day and age, many people have forgotten how to truly reach out to others outside of social media. I'm sure your message will inspire a few.

DEAR ANNIE

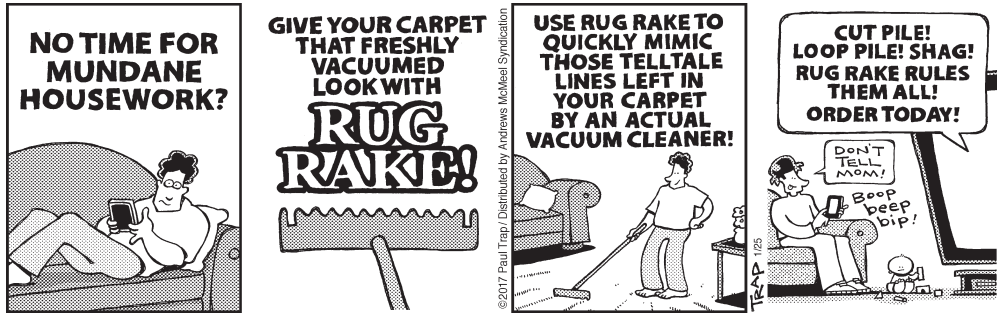


Annie Lane
Creators
Syndicate Inc.

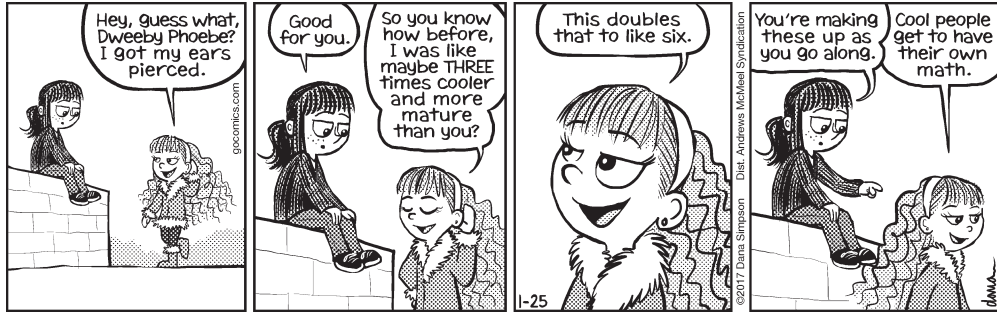
FRANK AND ERNEST



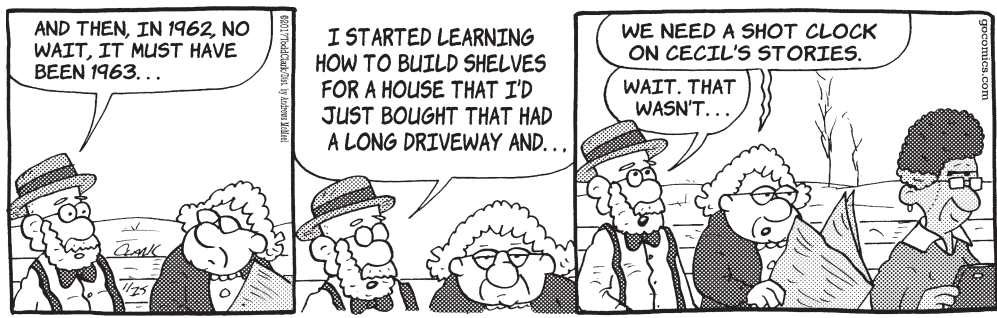
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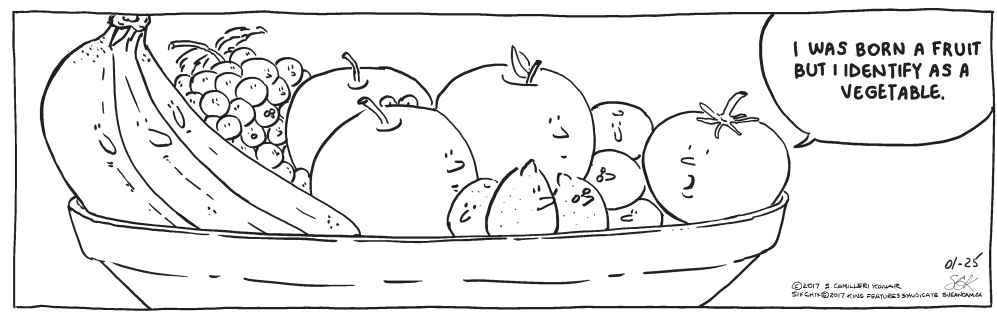
PHOEBE AND HER UNICORN



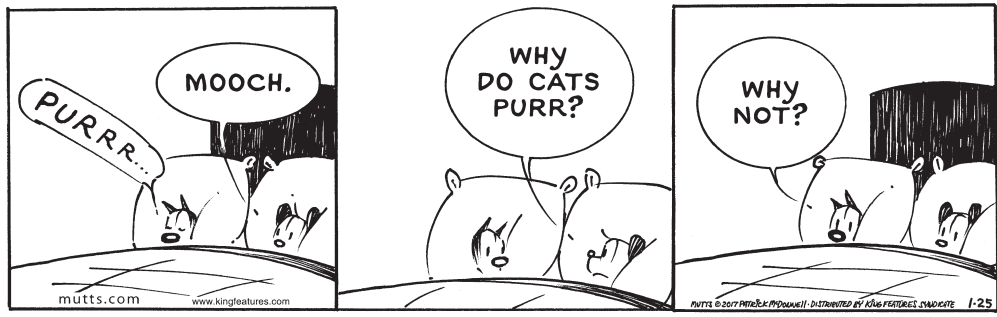
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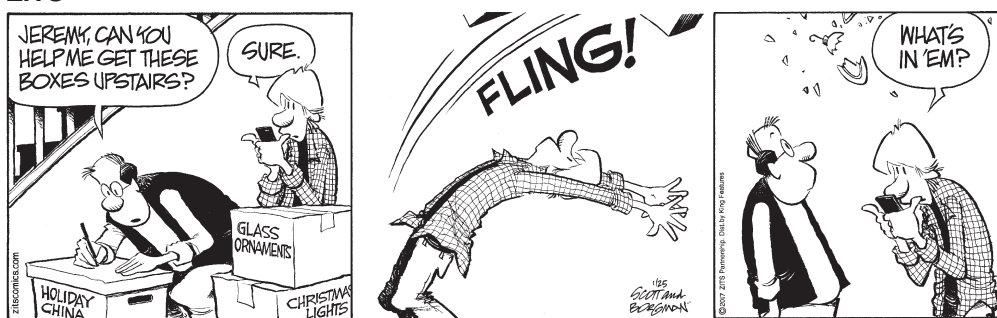
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BABY BLUES



ZITS



TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). The placebo effect works when a person trusts and believes the "expert" handing the placebos out. But you can't give a placebo to yourself and expect it to work, as no one really believes his own lies.

TAURUS (April 20-May 20). Some small things deserve small attention, but not all. It's wasteful to focus on trivial matters, but who is to say what's trivial? If it captures your attention, there may be a very good reason worth investigating.

GEMINI (May 21-June 21). Don't assume it's just you talking inside that head. There are multiple noise sources, resonant voices from culture, peers, family and more. Question and test your thoughts for accuracy and usefulness before you act on them.

CANCER (June 22-July 22). You might not be the cause of your challenge, but regardless, you can still take responsibility for your reaction to it. With some savvy mental and physical maneuvering, you'll change how this impacts you.

LEO (July 23-Aug. 22). To be fascinated by an interest that couldn't care less about you is the best way to learn right now. Principles of detachment will work in your favor. This makes for a pure study, unadulterated by mutual expectation.

VIRGO (Aug. 23-Sept. 22). Second chances abound, and yet nothing can ever really happen twice in this ever-evolving reality. So seize this chance if it seems like a good one. Something like it will come again. But nothing exactly like it ever will.

LIBRA (Sept. 23-Oct. 23). The social adaptations you learned to get along in a group worked fine for that group — or maybe they just got you through. But this new situation is different, and the same things won't work. Come

up with new methods.

SCORPIO (Oct. 24-Nov. 21). It may seem there's a lack of resources, but really there's only a lack of ideas. Identify the main obstacle. There's something good in it — a unique opportunity. What is it? Brainstorm both possible and impossible solutions.

SAGITTARIUS (Nov. 22-Dec. 21). Multitasking only works if the two tasks are compatible. Casual conversations go with cooking, podcasts go with cleaning, exercising and driving; music goes with almost everything.

CAPRICORN (Dec. 22-Jan. 19). You can't run away from worry, because it's not coming at you from the outside. It's within you. You won't escape it so much as discard it. The same goes for any fear you're having. Recognize it then set it aside.

AQUARIUS (Jan. 20-Feb. 18). Be less reactionary. In the stressful moments, stop, breathe and gather your power. Much depends on how you see things. Life is a picture; you control the frame. Don't let anyone else touch it.

PISCES (Feb. 19-March 20). It may be difficult to tell which ideas are the best ones. If you ask a lot of people, you'll be even more confused. Hint: The bright ideas are the ones that illuminate what's around them.

TOMORROW'S BIRTHDAY (Jan. 26). Serendipity kicks off this solar return. You'll connect in different social circles in the next 10 weeks. March places you in opportunity's path. If anyone can turn an ordinary situation into an extraordinary moneymaker, it's you. Celebrate the success of friends and family in June; the rising tide will carry all ships. Leo and Libra adore you. Your lucky numbers are: 35, 20, 14, 9 and 45.

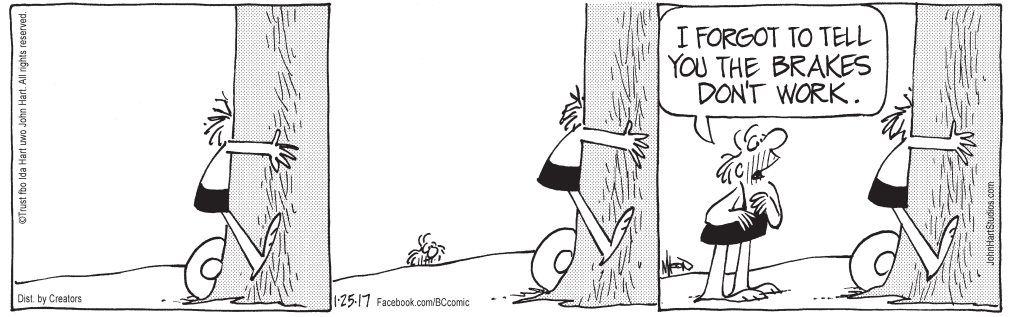
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