



Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts

Guy Winch Ph.D.

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Heal small emotional injuries before they become big ones.

We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent.

Fortunately, there *is* such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, *Emotional First Aid* is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.



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Guadalupe Ramsey:

Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Patrick Allen:

In this era globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The book that recommended to you personally is Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts this guide consist a lot of the information on the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book ideal all of you.

Clarice Stephens:

Is it anyone who having spare time and then spend it whole day by means of watching television programs or just resting on the bed? Do you need something totally new? This Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts can be the answer, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these publications have than the others?

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