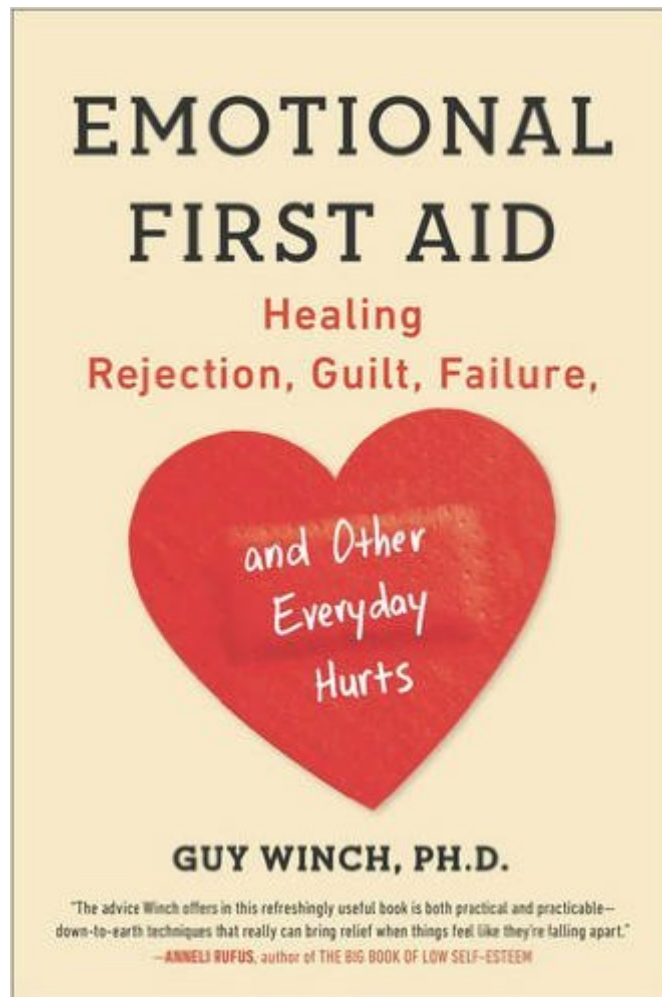


The book was found

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



Synopsis

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.

Book Information

Paperback: 304 pages

Publisher: Plume; Reprint edition (July 29, 2014)

Language: English

ISBN-10: 0142181072

ISBN-13: 978-0142181072

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (96 customer reviews)

Best Sellers Rank: #24,211 in Books (See Top 100 in Books) #52 in Books > Self-Help >

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Psychology #857 in Books > Self-Help > Personal Transformation

Customer Reviews

As a therapist, I'm constantly looking out for helpful resources for clients. This book has quickly been added to my list. It so clearly explores the seven most common--and inevitable, if you're human!--psychological injuries and then provides specific "first aid" treatments for each:1.

Rejection--The emotional cuts and scrapes of daily lifeDescription:Rejections can inflict four distinct emotional wounds, each of which might require some form of emotional first aid: lingering visceral pain, anger and aggressive urges, harm to self-esteem, and damage to feeling that we belong. (p. 17)Treatments:* Argue with self-criticism* Revive your self-worth* Replenish feelings of social connection* Desensitize yourself2. Loneliness--Relationship muscle weakensDescription:Loneliness makes us constantly on guard, prepared for the disappointment and rejection we are sure will come.

As a result, we miss opportunities to make social connections and behave in ways that push others away. (p. 53) Treatments: * Remove your negatively tinted glasses * Identify your self-defeating behaviors * Take on the other person's perspective * Deepen your emotional bonds * Create opportunities for social connection * Adopt a best friend

3. Loss and Trauma--Walking on broken bones

Description: Loss and trauma create four psychological wounds. They cause overwhelming emotional pain, they undermine our basic sense of identity and the roles we play in life, they destabilize our belief systems and our understanding of the world, and they challenge our ability to remain present and engaged in our most important relationships. (p.

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