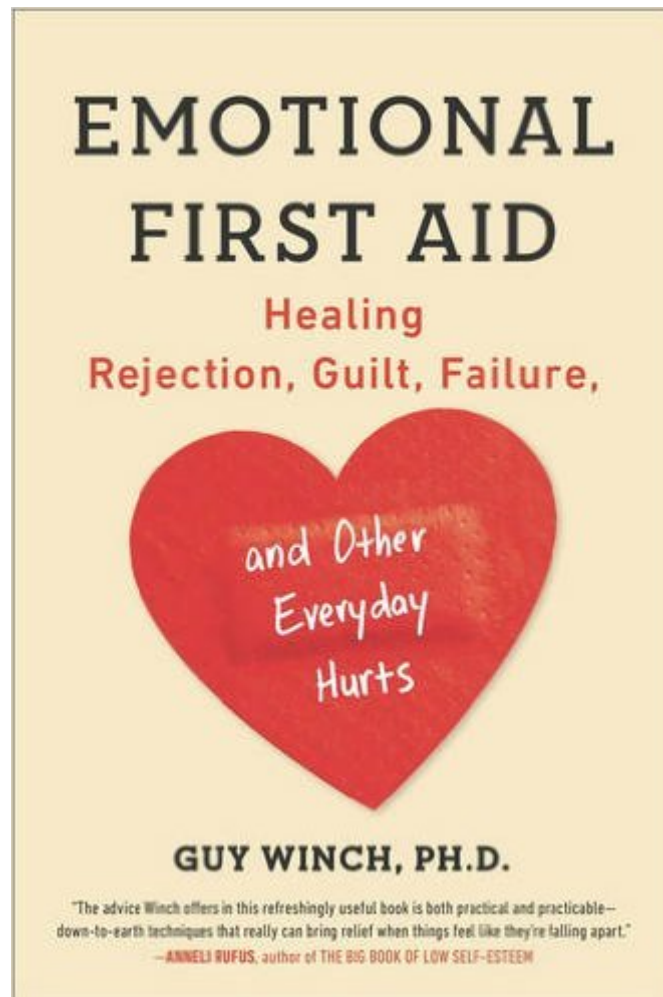


The book was found

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 >

Emotions #109 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied

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 life
Description: 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 yourself

2. Loneliness--Relationship muscle weakens
Description: 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.

[Download to continue reading...](#)

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts
Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries
My Very First First-Aid Book: A Simple Guide to First Aid for Younger Children
Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness)
SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1)
ACEP First Aid Manual, 5th Edition (Dk First Aid Manual)
First Aid for the Surgery Clerkship (First Aid Series)
Guilt Release, Let Go of Guilt and Shame: Sleep Learning, Hypnosis, Relaxation, Meditation & Affirmations
No-Bake Cheesecake: 40 Low-Carb, No-Bake Cheesecake Recipes That You Can Indulge in Without Guilt (Guilt-Free Desserts)
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Destroying the Spirit of Rejection: Receive Love and Acceptance and Find Healing
Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress
Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect
The Emotional First + Aid Kit: A Practical Guide to Life After Bariatric Surgery, Second Edition
IEC 60605-6 Ed. 2.0 b:1997, Equipment reliability testing - Part 6: Tests for the validity of the constant failure rate or constant failure intensity assumptions
Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ...
Energy Healing for Beginners Book 1)
REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ...

Beginners, Reiki Symbols, Chakra Balancing) By Sarah Cheyette - Mommy, My Head Hurts: A Doctor's Guide to Your Child's Headache: 1st (first) Edition Prepping and Defense Box Set (6 in 1): Concealed Carry, Home Defense, Prepper's First-Aid Kit, Survival Pantry, SHTF Stockpile and Many Other Useful Tips for Real Preppers (Prepping & Homesteading)

[Dmca](#)