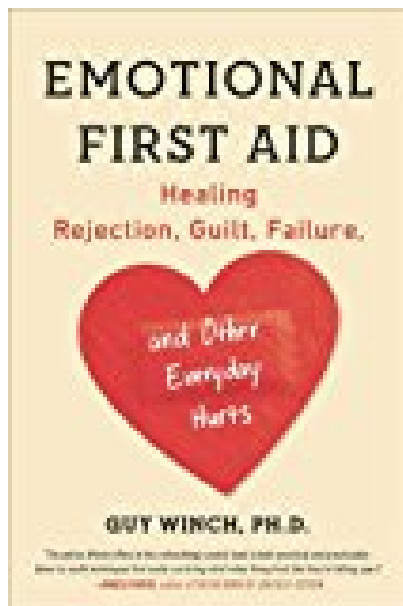


Emotional First Aid Healing Rejection Guilt Failure and Other Everyday Hurts



BOOK DETAILS

- Author : Guy Winch Ph.D.
- Pages : 304 Pages
- Publisher : Plume
- Language : English
- ISBN : 0142181072

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BOOK SYNOPSIS

First aid for failure. Although we have bandages for cuts, chicken soup for colds, and ice packs for bruises, most of us have no idea how to treat day-to-day emotional injuries such as failure, rejection, guilt and loss. But, as Guy Winch, Ph.D., points out, these kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life. In this fascinating and highly practical book he provides the emotional first aid treatments we have been lacking. Explaining the long-term fallout that can result from seemingly minor emotional and psychological injuries, Dr Winch offers concrete, easy-to-use exercises backed up by hard cutting-edge science to aid in recovery. He uses relatable anecdotes about real patients he has treated over the years and often gives us a much needed dose of humour as well. Prescriptive, programmatic, and unique, this first-aid kit for battered emotions will appeal to readers of *Unstuck* by James S. Gordon and *Self-Compassion* by Kristin Neff.

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