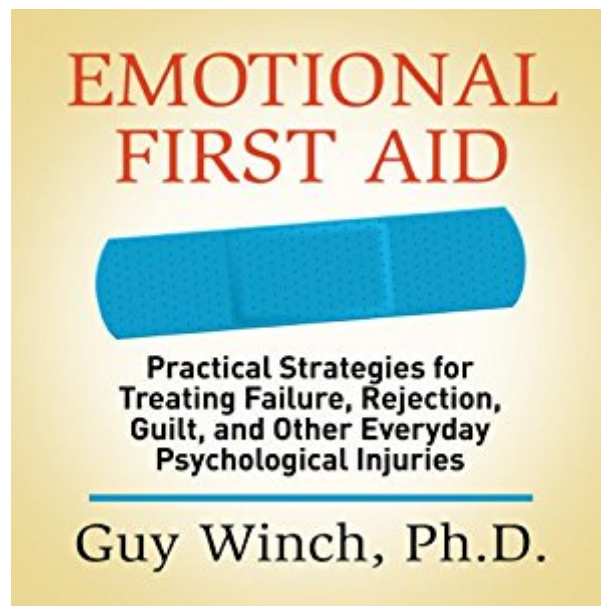


The book was found

Emotional First Aid: Practical Strategies For Treating Failure, Rejection, Guilt, And Other Everyday Psychological Injuries



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, and loss. But, as Guy Winch, PhD, 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 audiobook 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 humor as well.

Book Information

Audible Audio Edition

Listening Length: 9 hours and 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: July 25, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00DQC0K40

Best Sellers Rank: #95 in Books > Self-Help > Emotions #180 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #382 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

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.

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

Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries
Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts
Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness)
My Very First First-Aid Book: A Simple Guide to First Aid for Younger Children
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)
The Emotional First + Aid Kit: A Practical Guide to Life After Bariatric Surgery, Second Edition
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
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
Evernote for your Life | A Practical Guide for the Use of Evernote in Your Everyday Life [2014 Edition]: A Practical Guide for the Use of Evernote in Your Everyday Life
Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World
Homeopathic Medicine At Home: Natural Remedies for Everyday Ailments and Minor Injuries
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)
Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs
Destroying the Spirit of Rejection: Receive Love and Acceptance and Find Healing
Las 5 heridas que impiden SER uno mismo / Heal

Your Wounds and Find Your True Self: Rechazo, abandono, humillacion, traicion, injusticia /
Rejection, ... Betrayal, Injustice (Spanish Edition) How To Stop Arguing: Dealing With Stress, Anger,
Rejection, Conflict, Fighting and Difficult People

[Dmca](#)