

EMOTIONAL FIRST AID BOOK



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Finally, a book that shares the importance of emotional first aid. I studied the concept of emotional first aid in my graduate program in 1984 from my mentor Dr. Nick Long and the work of Dr. Fitz Redl.

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Emotional First Aid Practical Strategies for Treating

Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries. 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.

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Emotional First Aid by Guy Winch Ph D

About Emotional First Aid. 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.

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Emotional First Aid Guy Winch PH D New York Therapist

Drawing on the latest scientific research and illustrated by fascinating stories about real patients and amazing psychological experiments, Emotional First Aid is a psychological medicine cabinet for anyone looking to overcome the hurts and hang-ups that hold them back and a tool kit for becoming more successful, productive, and emotionally

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Emotional First Aid Healing Rejection Guilt Failure

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.

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Use this analysis to help yourself understand which emotional first aid treatments work best for you in various situations (just as you would identify which of the many pain relievers on the shelves works best for you). The same goes for building emotional resilience.

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Guy Winch Why we all need to practice emotional first aid

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on

our own, says Guy Winch. But we don't have to.

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Emotional First Aid Self Help for the Wounded Psyche

Emotional First Aid: Self-Help for the Wounded Psyche Guy Winch's new book offers treatments for the daily hurts of life. Posted Sep 11, 2013

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Emotional First Aid Audiobook by Guy Winch Ph D

An emotional band aid itself I love this book and Dr. Winch. His voice is so warm and calming and is a band aid itself - his voice and Dr Winch himself. Great advice great understanding i wish i could talk to him in person.

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Emotional First Aid Practical Strategies for Treating

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.

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