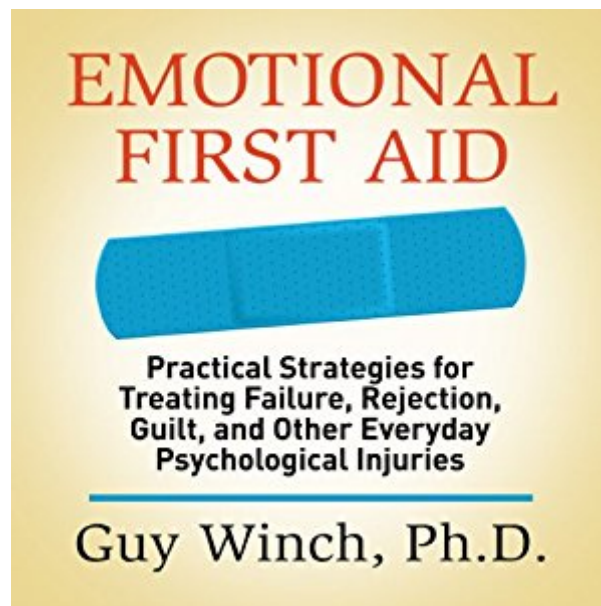


The book was found

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

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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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