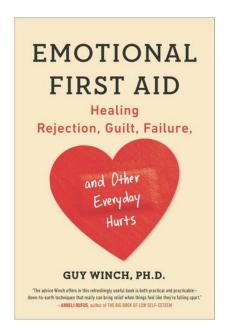
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by Guy Winch Ph.D.: **Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts**

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Description:

PDF-8825f | 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 bat... Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts





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