



# Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts

By Guy Winch Ph.D.

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

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 battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, *Emotional First Aid* is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.

*From the Trade Paperback edition.*

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## **Editorial Review**

### **Review**

“Dr. Guy Winch’s practical, clever and clear-headed book offers proven remedies for the myriad pains of daily life. Timely application will prevent small and medium-size emotional ills from becoming bigger ones—and that’s just what the psychotherapist ordered.”

—Jeanne Safer, PhD, author of *Cain’s Legacy: Liberating Siblings from a Lifetime of Rage, Shame, Secrecy, and Regret*

“The advice Winch offers in this refreshingly useful book is both practical and practicable -- down-to-earth techniques that really can bring relief when things feel like they’re falling apart.”

—Anneli Rufus, author of *The Big Book of Low Self-Esteem*

### **About the Author**

**Guy Winch** is a psychologist with a private practice in Manhattan as well as an amateur stand-up comedian.

## **Users Review**

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#### **Kevin Jakubowski:**

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