

Emotional First Aid Practical Strategies For Treating Failure Rejection Guilt And Other Everyday Psychological Injuries Guy Winch

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Here is an updated version of the \$domain website which many of our East European book trade customers have been using for some time now, more or less regularly. We have just introduced certain upgrades and changes which should be interesting for you. Please remember that our website does not replace publisher websites, there would be no point in duplicating the information. Our idea is to present you with tools that might be useful in your work with individual, institutional and corporate customers. Many of the features have been introduced at specific requests from some of you. Others are still at preparatory stage and will be implemented soon.

Emotional First Aid Practical Strategies

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.

Emotional First Aid: Practical Strategies for Treating ...

Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries Guy Winch Ph.D. (Author, Narrator), Gildan Media, LLC (Publisher) Get Audible Premium Plus Free

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Here are 7 ways to do so: Pay attention to emotional pain — recognize it when it happens and work to treat it before it feels all-encompassing. Redirect your gut reaction when you fail. The nature of psychological wounds makes it easy for one to lead to another. Monitor and protect your self-esteem. ...

7 ways to practice emotional first aid

Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries. Emotional First Aid. : First aid for failure.Although we have bandages...

Emotional First Aid: Practical Strategies for Treating ...

Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries (Hardcover) Published July 25th 2013 by Avery. Hardcover, 304 pages. Author (s):

Editions of Emotional First Aid: Practical Strategies for ...

Emotional First Aid covers multiple scenarios from how to sustain deep marriage relationships to dealing with failure, the latter using a scenario of four toddlers attempting to solve a tricky puzzle and the benefits of positive self-affirmation, even with a quality unrelated to the failure itself.

Emotional First Aid: Practical Strategies for Treating ...

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Description: 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.

Emotional First Aid: Healing Rejection, Guilt, Failure ...

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.

Emotional First Aid: Practical Strategies for Treating ...

Using real-life examples of transformed lives and drawing on 30 years of professional experience, Schurmann explains how to: Assess the severity of an emotional pain. Care for and nurse your emotional sores. Let go of the injustice, resentment, hurt. Protect and strengthen your emotions.

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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, Ph.D., points out, these kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life.

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Emotional First Aid by Winch, Guy (ebook)

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Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such

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events, may struggle with or face new challenges following the event.

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