



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

Guy Winch Ph.D.

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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.

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