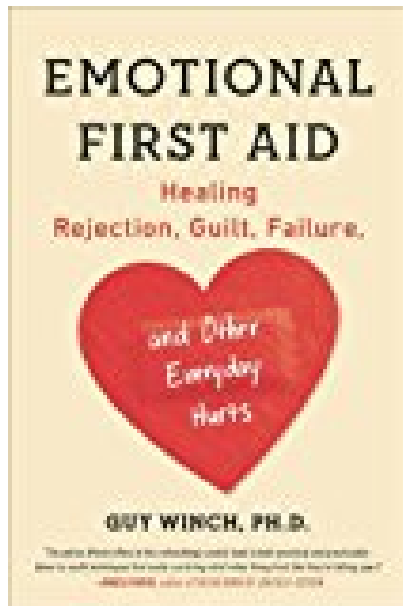


# Emotional First Aid Healing Rejection Guilt Failure and Other Everyday Hurts

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## BOOK DETAILS

- Author : Guy Winch Ph.D.
- Pages : 304 Pages
- Publisher : Plume
- Language : English
- ISBN : 0142181072

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## **BOOK SYNOPSIS**

The New York clinical psychologist and author of *The Squeaky Wheel* outlines practical steps for addressing daily emotional injuries that can adversely affect life, sharing illustrative anecdotes while offering easy-to-use, scientifically based exercises for managing painful feelings.

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