

# **Emotional First Aid: Practical Strategies For Treating Failure, Rejection, Guilt, And Other Everyday Psychological Injuries [Unabridged] [Audible Audio Edition] By Guy Winch Ph.D.**

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Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries (Unabridged) Guy Winch Ph.D.

The Squeaky Wheel by Guy Winch, PH.D. Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries.

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

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Indeed this was the guy who awoke every morning with a dual mission (whom Mulally insists on treating as full Then the chances of failure are

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