

EMOTIONAL FIRST AID

Healing
Rejection, Guilt, Failure,



GUY WINCH, PH.D.

"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."
-ANNEELI RUPPEL, author of THE BIG BOOK OF LOW SELF-ESTEEM

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The Managers Guide To Relieving Internal Stress The Emotional First Aid Series

Arturo Cuomo



The Managers Guide To Relieving Internal Stress The Emotional First Aid Series:

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