

Emotional First Aid Healing Rejection Guilt Failure And Other Everyday Hurts

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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.

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