

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

Explains the long-term fallout that can result from seemingly minor emotional and psychological injuries and offers concrete, easy-to-use exercises backed up by hard cutting-edge science to aid in recovery. An indispensable guide to understanding—and living or working with—people whose behavior leaves you frustrated and confused. We all have people in our lives who frustrate, annoy, or hurt us: workplace bullies, those who always claim to be right, or those with anxious or obsessive personalities. And most of us hurt others occasionally, too. Now, authors Dr. Helen McGrath, a clinical psychologist and professor, and Hazel Edwards, a professional writer, offer this highly readable, extremely practical guide to dealing with the difficult personalities we encounter every day—in others, and in ourselves. Taking the American Psychiatric Association's widely used Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) as its starting point, Difficult Personalities helpfully outlines over a dozen different personality traits and types, detailing their common characteristics and underlying motivations. It also equips readers with numerous strategies for dealing with difficult behavior, including:
• Anger and conflict management
• Optimism and assertion training
• Rational and empathic thinking
• Reexamining your own personality. Readers will also benefit from sections on making difficult decisions and maintaining romantic relationships. Perfect for anyone who has ever wished that other people came with a handbook, Difficult Personalities illuminates the personality differences that so often serve as barriers to cooperation in the workplace and harmony at home. Praise for Difficult Personalities “A no-frills resource that is both easy to understand and highly informative... McGrath and Edwards have avoided scientific jargon and created a handbook people can put to use immediately. There’s nothing difficult about this book, except for the subject it gracefully explicates.”—Publishers Weekly
Globe & Mail Bestseller! You can build authentic social connections—even while physically apart. We are wired for social connection; our mental health depends on it. From a simple smile from a stranger on the street to a hug from a relative or close friend, we humans thrive when we feel connected to one another. And yet, loneliness is on the rise. The good news is, you don't have to continue suffering in silence. In this powerful guide and workbook, renowned mental health expert and addictions counselor Dr Bill Howatt drills into the root causes of isolation and loneliness—including the double-edged sword of digital technology--and shows you how to conquer them to achieve a more fulfilling, enriching life. Through a compelling mix of real-life case studies, self-reflection exercises, and cognitive behavioral techniques, you'll learn how to recognize your own self-limiting thoughts and behaviors, unlock your mental traps, and close the social connection gaps in all areas of your life--from the personal to the professional. Employers will also find tips for boosting psychological safety in the workplace and among their virtual teams. No single pill or exercise offers an escape from isolation; the cure for loneliness lies in a combination of realizing where you're stuck, and closing social connections gaps in meaningful ways. But if you commit to doing the work, you can become who you want to be. You can have more meaningful social connections. Ultimately, you'll see that why you feel isolated and lonely may not be as important as what you learn to do with it.

IT'S NEVER TOO LATE TO LEARN HOW YOU MAY BE REPEATING BAD RELATIONSHIP HABITS THAT YOU LEARNED GROWING UP or in a previous unhealthy relationship. No matter what your history, Getting Love Right can explain how to build and maintain healthy intimacy, including:
• How to recognize if you are in a compulsive, apathetic, or healthy relationship
• How to become a person who is capable of healthy intimacy
• How to choose a healthy partner If you are in a relationship or want to be in one, Terence T. Gorski will teach you that love isn't just something that happens -- love is something you can learn.

AARP Healing Your Emotional Self

Cain's Legacy

How to Fix a Broken Heart

Don't Take It Personally

Overcoming the 7 Hidden Barriers to Success

Simple Strategies to Get Out of Your Own Way and Enjoy Your Life

Loneliness

This book will provide pastors, church leaders, and anyone else attempting to respond to a crisis with tools and knowledge needed to help the hurting through significant issues of life. A Biblical model of helping others is provided along with an overview of situations one may face when dealing with emotional and mental illnesses, grief and loss, addiction and depression just to mention a few. The author provides an extensive list of resources related to each topic including names of professionals in the field as well as website addresses. The book includes explanation of medical terms and an index of drugs used to treat people in various situation. Dr. Edward Moody speaks with a qualified voice to the subjects covered providing a useful tool to anyone faced with helping people through difficult times.

Bonds between brothers and sisters are among the longest lasting and most emotionally significant of human relationships. But while 45 percent of adults struggle with serious sibling strife, few discuss it openly. Even fewer resolve it to their satisfaction. In Cain's Legacy, psychotherapist Jeanne Safer, a recognized authority on sibling psychology (and an estranged sister herself) illuminates this pervasive but hidden phenomenon. She explores the roots of inter-sibling woes, from siblicide in the book of Genesis to tensions in Freud's family history. Drawing on sixty in-depth interviews with adult siblings struggling with conflicts over money, family businesses, aging parents, contentious wills, unhealed childhood wounds, and blocked communication, Safer provides compassionate guidance to brothers and sisters whose relationship is broken. She helps siblings overcome their paralysis and pain, revealing how they can come to terms with the one peer relationship they can never sever—even if they never see each other again. A heartfelt look at a too-often avoided topic, Cain's Legacy is a sympathetic and clear-eyed guide to navigating the darkness separating us from our brothers and sisters.

With eight billion people in the world, why is it so hard to meet and make new friends? So navigating the world of adult friendships can be a real challenge when everyone is busy, overwhelmed, or too often too far away. Here to help are Jenn Bane and Trin Garritano, the duo behind the cult favorite podcast Friendshipship. Insightful, empathetic, and just a touch irreverent, Jenn and Trin give readers the tools they need to make new friends and revitalize the quality of existing friendships. The book covers it all: Meeting new people Mastering the art of small talk Deciphering the levels of friendship in the workplace Making the first friend move, plus how to give a non-creaky compliment You'll also learn why it's important to use the same IRL etiquette when making friends online; how to decide if a friendship is toxic and know when it's time to move on; and most important, how to be a better friend, to yourself and others.

An empowering guide to overcoming self-defeating behaviors I can't believe I just did that! Why does this always happen to me? I really should stop myself from . . . Sound familiar? Whether we're aware of it or not, most of us are guilty of self-sabotage. These behaviors can manifest in seemingly innocuous ways, but if left unchecked can create stress and cause problems in all areas of your life. In The Healthy Mind Toolkit, Dr. Alice Boyes provides easy, practical solutions that will help you identify how you're holding yourself back and how to reverse your self-sabotaging behaviors. Blending scientific research with techniques from cognitive behavioral therapy, this engaging book will take you through the steps to address this overarching problem, including how to:
• Identify the specific ways you're hurting your success in all aspects of your life
• Capitalize on the positive aspects of your extreme traits instead of the negatives
• Find creative solutions to curb your self-defeating patterns
• Practice self-care as a problem-solving strategy Filled with quizzes and insightful exercises to personalize your journey from harmful behaviors to healthy habits, The Healthy Mind Toolkit is the essential guide to get out of your own way and get on the path to success.

Science-Based Strategies for Keeping Your Sanity While Looking for a Soul Mate

A Guide to Caring for Your Mental Health

How to Be Alone

Understand Self-Injury and Self-Harm, and Heal the Emotional Wounds

Welcome to the Club

A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own)

Practical Strategies for Treating Failure, Rejection, Guilt and Other Everyday Psychological Injuries

*We complain about everything, often neither expecting nor getting meaningful resolutions. Wasting time and energy on unproductive complaints can take an emotional toll on our moods and well-being. Psychotherapist Guy Winch offers practical and psychologically grounded advice on how to determine what to complain about and how to convey our complaints in ways that encourage cooperation and lead to solutions to our problems. When we're dealing with a broken limb, heartbroken people are expected to function normally in their lives, despite the emotional pain they feel. Now psychologist Guy Winch imagines how different things would be if we paid more attention to this unique emotion—if only we can understand how heartbreak works, we can begin to fix it. Through compelling research and new scientific studies, Winch reveals how and why heartbreak impacts our brain and our behavior in dramatic and unexpected ways, regardless of our age. Emotional pain lowers our ability to reason, to think creatively, to problem solve, and to function at our best. In How to Fix a Broken Heart he focuses on two types of emotional pain—romantic heartbreak and the heartbreak that results from the loss of a cherished pet. These experiences are both accompanied by severe grief responses, yet they are not deemed as important as, for example, a formal divorce or the loss of a close relative. As a result, we are often deprived of the recognition, support, and compassion afforded to those whose heartbreak is considered more significant. Our heart might be broken, but we do not have to break with it. Winch reveals that recovering from heartbreak always starts with a decision, a determination to move on when our mind is fighting to keep us stuck. We can take control of our lives and our minds and put ourselves on the path to healing. Winch offers a toolkit on how to handle and cope with a broken heart and how to, eventually, move on.*

Classic Editions

Schema Therapy in Practice

Clean Language

A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame

Getting Past What You'll Never Get Over

Breaking Up and Bouncing Back

The Road Less Travelled

A licensed marriage and family therapist and YouTube personality, Kati Morton answers the most commonly asked questions about mental health, including when to get help and where to find it. Get answers to your most common questions about mental health and mental illness -- including anxiety, depression, binge eating disorders, and more. Are u ok? wks readers through the most common questions about mental health and the process of getting help -- from finding the best therapist to navigating harmful and toxic relationships and everything in between. In the same down-to-earth, friendly tone that makes her videos so popular, Licensed marriage and family therapist and YouTube sensation Kati Morton clarifies and destigmatizes the struggles so many of us go through and encourages readers to reach out for help.

You can be free from the effects of rejection! No one totally escapes rejection. But not everybody has to be damaged by it! Our Father has provided a means for us as His children to be delivered from the painful consequences of rejection.

Great musicians, Olympic athletes, comedians, and others have been demonstrating how to harness the phenomenon of transmuting pain, loss, and failure into tremendous inspiration-but how? LIFE IS DISAPPOINTING uses humor and personal stories, mixed with psychological research on coping skills, to help you better understand disappointment and how to use it as fuel to propel yourself forward.

In Changepower! 37 Secrets to Build Change Success, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, Changepower! provides a springboard for change. Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In Changepower!, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators. Research has shown that most changes take place in stages rather than overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys.

Liberating Siblings from a Lifetime of Regret, Shame, Secrecy, and Regret

How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect

Emotional First Aid

100 Parenting Milestones You Never Saw Coming

Healing the Scars of Emotional Abuse

Are u ok?

Revealing Metaphors and Opening Minds

*Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short, compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.*

*The Relationships Editor for Cosmopolitan and host of the wildly popular comedy show Tinder Live with Lane Moore presents her poignant, funny, and deeply moving first book. Lane Moore is a rare performer who is as impressive onstage—whether hosting her iconic show Tinder Live or being the enigmatic front woman of It Was Romance—as she is on the page, as both a former writer for The Onion and an award-winning sex and relationships editor for Cosmopolitan. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had. From spending the holidays alone to having better “stranger luck” than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift. How to Be Alone is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would rather you not. Above all, it's a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.*

*“The Millennial Love Expert” shows how to survive a soul-crushing breakup and bounce back to a healthy, happy dating life. Burns teaches the critical coping and self-care survival skills needed to get off the emotional roller coaster and to become a smarter, more intentional dater.*

*Healing and Restoring Your Emotional Health. Open wounds affect how you view the world, how you relate to others and how you conduct your life in general. Because the FIRST AID-KIT FOR EMOTIONS has been nonexistent most people don't know how to nurse their emotional wounds. Untreated emotional wounds can cause physical, mental, emotional and spiritual problems. They can set off mental health disorders such as depression, anxiety or addiction. They can wipe out relationships, add to job failures, obscure life's purpose or direction, and ultimately destroy life. This workbook is full of stories of transformation. People who felt stuck, alone, in despair—finding the courage to face their emotional wounds, taking the risk to open up to their feelings, changing in ways they never imagined possible. THE SAME CAN HAPPEN FOR YOU. If you are looking to restore and enhance your emotional, intellectual and spiritual health, this workbook will be an invaluable resource.*

The Cure for Loneliness

Brainblocks

Escape the Bondage of Rejection and Experience the Freedom of God's Acceptance

Help for Dealing with Life's Hurts

How to Be Single and Happy

90 Seconds to a Life You Love

The Art of Finding Friends, Being Friends, and Keeping Friends

AARP Digital Editor offers you practical tips, proven solutions, and expert guidance. In Healing Your Emotional Self, Beverly Engel provides a program to help readers raise their self-esteem, quiet their inner critic, and overcome their shame. Those who were emotionally abused or neglected in childhood tend to suffer from self-criticism, low self-esteem, self-doubt, a poor body image, perfectionism, and unhealthy shame. Now renowned psychotherapist Beverly Engel presents a psychologically sound, step-by-step program to help adult survivors heal the damage to their self-image caused by negative parental messages and treatment. Healing Your Emotional Self shows readers how to become reunited with their true self, quiet their inner critic, raise their self-esteem, and begin to love their body. Engel also teaches survivors how to separate emotionally from their parents and provide for themselves what they missed as a child.

Brainblocks are the mental obstacles that keep people from achieving success, defined as setting, pursuing, and achieving a goal. Managing the brain is the solution to preventing mental blocks from interfering with achieving your goals. And neuropsychologist Dr. Theo Tsoussides gives you the tools to improve: Awareness: • the seven brainblocks to success (self-doubt, procrastination, impatience, multitasking, rigidity, perfectionism, negativity) • the characteristic feelings, thoughts, and actions associated with each brainblock • the brain functions involved in goal-oriented action • brain glitches and how they create setbacks • the cost of not removing brainblocks • the best strategies to remove the blocks Engagement: • actively search for brainblocks in your actions, thoughts, and feelings • recognize and label each brainblock as soon as it is identified • practice each strategy consistently until it becomes second nature • track your progress toward a goal Through these strategies you will learn to overcome these cognitive obstacles and harness the power of the brain to achieve success in any endeavor.

Skilfully woven together with empathic insight into the lives and minds of those who self-injure, "Healing the Hurt Within" is replete with the latest developments in the field, informative statistics, d instructive diagrams, carefully selected resources

The classic guide to what makes people survivors, now in a revised and updated new edition. Who survives? Who thrives? As a psychologist who spent more than forty years studying the phenomenon of survival, Al Siebert gained valuable insight into the qualities and habits that help human beings overcome difficult situations—from everyday conflicts to major life stresses. In this revised and updated edition, he delineates the "survivor personality" and examines the latest research to show how survival skills can be learned, leading to better coping, increased success in work and relationships, and a vastly brighter outlook on the future.

Changepower!

The Emotionally Absent Mother, Updated and Expanded Second Edition

Helping People Through Difficult Times

Learning the Choices of Healthy Intimacy

If You Want To, and Even If You Don't

Buddhist Advice for the Heartbroken

How to Feel Connected and Escape Isolation

As seen on The TODAY Show! "A godsend to anyone searching for, but struggling to find, true love in their lives." —Kristin Neff, PhD, author of Self-Compassion "Empowering and compassionate, and its lessons are universal." —Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We've all heard "You can't love anyone unless you love yourself," but amid life's distractions and the myth of perfect, romantic love, how exactly do you do that? In Loving Brave, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you'll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you'll be ready to find the healthy, lasting love your heart desires.

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. 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.

Single, less stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "less-than" because you haven't found your soul mate. Until now. How to Be Single and Happy is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. This is just another dating book. Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.

"This book was a game changer for me. You will understand "anxiety" in a totally new way - a way that empowers and releases you from it! Brilliant book!" Poppo Jamie, author of Happy Not Perfect 90 Seconds to a Life You Love follows a simple formula: 1 choice, 8 feelings, 90 seconds. This book teaches you that if you choose to be fully present and aware when you experience unpleasant feelings. If you choose not to block or avoid these difficult emotions with alcohol, food or denial. If you ride through the wave of these feelings, which will only last for 90 seconds, you will build your confidence. It's called the Rosenberg Reset and it will change your life. You will move through these emotions successfully, be better equipped to handle unpleasant feelings in the future and put yourself on the path to resilience, emotional strength, positive self-esteem and rock solid confidence. 90 Seconds to a Life You Love shares the only neuroscience-based approach that shows readers how to achieve emotional strength and confidence. Joan's approach is simple, practical, and effective. It represents a significant breakthrough on the path to success. If you want unwavering confidence to pursue your goals and dreams, then this will guide you to it." Jack Canfield, co-author of The Chicken Soup for the Soul series and The Success Principles "90 Seconds to a Life You Love is a must-read. Imagine what would happen in your life if you had unwavering self-esteem and greater emotional strength. This book is the roadmap, and Dr. Joan is the perfect guide." Brendon Burchard, author of The Motivation Manifesto, The Charge, and The Millionaire Messenger "Her ethos is simple: if you sit with an unpleasant or painful emotion for 90 seconds, keeping it in your mind without distractions, you will essentially 'ride it out.'" Metro

An Introductory Guide to the Schema Mode Approach

37 Secrets to Habit Change Success

First Aid for Emotional Hurts

Love Hurts

It's OK to Feel Things Deeply

The Healthy Mind Toolkit

A Comprehensive Workbook for Healing and Optimal Emotional Health & Wellness

Schema Therapy in Practice presents a comprehensive introduction to schema therapy for non-specialist practitioners wishing to incorporate it into their clinical practice. Focuses on the current schema mode model, within which cases can be more easily conceptualized and emotional interventions more smoothly introduced Extends the practice of schema therapy beyond borderline personality disorder to other personality disorders and Axis I disorders such as anxiety, depression and OCD Presented by authors who are world-respected as leaders in the schema therapy field, and have pioneered the development of the schema mode approach

First aid for failure. Although we have bandages for cuts, chicken soup for colds, and ice packs for bruises, most of us have no idea how to treat day - to - day emotional injuries such as failure, rejection, guilt and loss. But, as Guy Winch, Ph.D., points out, these kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life. In this fascinating and highly practical book he provides the emotional first aid treatments we have been lacking. Explaining the long - term fallout that can result from seemingly minor emotional and psychological injuries, Dr. Winch offers concrete, easy - to - use exercises backed up by hard cutting - edge science to aid in recovery. He uses relatable anecdotes about real patients he has treated over the years and often gives us a much needed dose of humour as well.

Examines the prevalence and psychological damage associated with emotional abuse, counseling readers on how to overcome the past while rebuilding a self-image, and including in the new edition coverage of such areas as how to manage an abuser and achieve spiritual healing. Original.

A pioneering neuroscientist draws on detailed studies to demonstrate the correlation between social environments and health, offering insight into the differences between chronic loneliness and depression while explaining how social isolation can affect perceptions, behavior, and physiology. Reprint.

The Squeaky Wheel

Healing Rejection, Guilt, Failure, and Other Everyday Hurts

Guilt, Shame, and Anxiety

The Root of Rejection

Difficult Personalities

Survivor Personality

How to Turn Difficult Feelings into Rock-Solid Confidence

"Life is difficult. This is a great truth, one of the greatest truths." A timeless classic in personal development, The Road Less Travelled is a landmark work that has inspired millions. Drawing on the experiences of his career as a psychiatrist, Scott Peck combines scientific and spiritual views to guide us through the difficult, painful times in life by showing us how to confront our problems through the key principles of discipline, love and grace. Teaching us how to distinguish dependency from love, how to become a more sensitive parent and how to connect with your true self, this incredible book is the key to accepting and overcoming life's challenges and achieving a higher level of self-understanding.

Who hasn't felt the sting of rejection? It doesn't take much for your feelings to get hurt—a look or a tone of voice or certain words can set you ruminating for hours on what that person meant. An unreturned phone call or a disappointing setback can really throw you off your center. It's all too easy to take disappointment and rejection personally. You can learn to handle these feelings and create positive options for yourself. Don't Take It Personally! explores all forms of rejection, where it comes from, and how to overcome the fear of it. Most of all, you'll learn some terrific tools for stepping back from those overwhelming feelings. You'll be able to allow space to make choices about how you respond. —Understand the effect that anxiety, frustration, hurt, and anger have on your interactions with others. —De-personalize your responses and establish safe personal boundaries that protect you from getting hurt. —Practice making choices about the thoughts you think and the ways you respond to stressful situations. —Understand and overcome fear of rejection in personal and work relationships. Elaine Savage explores with remarkable sensitivity the myriad of rejection experiences we experience with friends, co-workers, lovers, and family. Because her original ideas have inspired readers around the world, Don't Take It Personally! has been published in six languages.

With the first unified theory of guilt, shame, and anxiety, this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution, child development, and mature adult decision-making. Drawing on evolution, neuroscience, and decades of clinical experience, Dr. Breggin analyzes what he calls our negative legacy emotions—the painful emotional heritage that encumbers all human beings. The author marshals evidence that we evolved as the most violent and yet most empathic creatures on Earth. Evolution dealt with this species-threatening conflict between our violence and our close-knit social life by building guilt, shame, and anxiety into our genes. These inhibiting emotions were needed prehistorically to control our self-assertiveness and aggression within intimate family and clan relationships. Dr. Breggin shows how guilt, shame, and anxiety eventually became self-defeating and demoralizing legacies from our primitive past, which no longer play any useful or positive role in mature adult life. He then guides the reader through the Three Steps to Emotional Freedom, starting with how to identify negative legacy emotions and then how to reject their control over us. Finally, he describes how to triumph over and transcend them in a more radical way to create emotional, loving, and productive lives.

The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)

Emotional Wound First Aid Kit

Human Nature and the Need for Social Connection

The Art of Dealing with Rejection

Healing the Hurt Within

Life Is Disappointing ... and Other Inspiring Thoughts

Loving Bravely

Why Some People Are Stronger, Smarter, and More Skillful at Handling Life's Diffi Culties...and How You Can Be, Too

From the comedian behind the popular parenting blog The Ugly YoYo comes a refreshing spin on the baby milestone book. Instead of a place to lovingly capture the first time baby sleeps through the night, this book shows what it's like the first time baby rolls off the bed/sofa/changing table, leaving mom or dad in a state of pure terror (it happens). These 100 rarely documented but all-too-realistic milestones—such as First Time Baby Says a Word/You Didn't Want Her to Say—provide comfort, solidarity, and comic relief for new parents.

Laugh-out-loud relatable text and distinctive paper-cut illustrations of these “bad” parenting moments make this a must-have book for anyone entering the mysterious club of parenthood.”

When hard time strike, we look forward with longing to the day when we will “get over” the event and have closure. This is a difficult—often impossible—road to travel. There are some things in life that we must learn to live with because they will never truly go away for good. Despite that truth, there is life—rewarding and abundant life—after heartache and pain. John F. Westfall leads readers beyond their hurts and into a life of confidence, freedom, and secure joy. Sharing stories with wisdom, humor, and vulnerability, he shows how to move forward beyond fear, regret, guilt, anger, and bitterness into a life worth living.

A New Psychology of Love, Traditional Values and Spiritual Growth

Twenty Lessons of Self-Discovery to Help You Get the Love You Want

Friendshipship

Getting Love Right

Understanding and Overcoming Negative Emotions

Complaining the Right Way to Get Results, Improve Your Relationships, and Enhance Self-Esteem

Moving On to Create the Love Life You Deserve