



Emotional Healing For Dummies

David Beales, Helen Whitten

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At some point in their lives, most people will have thought:

- “He should never have said that”
- “How could she treat me this way?”
- “I feel guilty when I remember what I said to him”
- “I’m so angry I can’t bear it”

Usually, we don’t feel that we can discuss these hurtful emotions, such as guilt, anger or jealousy, with our friends and families, let alone go to a GP for advice on dealing with them. We’re a nation that bottles things up, dismissing anger, frustration, hatred and guilt as largely insignificant to our minds and bodies. But powerful emotions like these do affect us in a long-term way, not only mentally but also physically, and it’s important to know how to get them under control before our health really suffers.

This easy-to-follow, plain-English guide shows you why and how emotions can leave a physical scar, and talks about various life factors and influences that can lead to emotional stress. It will help you heal your emotional traumas with a toolkit of strategies, and allows you to take care of your health with a practical, hands-on approach.

***Emotional Healing For Dummies* covers:**

PART 1: INTRODUCING EMOTIONAL HEALING

Chapter 1: Understanding Emotional Healing
Chapter 2: Exploring the Physiology of Emotion
Chapter 3: Tuning into Emotions

PART 2: EMOTIONS AND YOUR BODY

Chapter 4: You are What you Eat
Chapter 5: Body Rhythms
Chapter 6: Physical Strategies for Emotional Healing

PART 3: EMOTIONAL HEALING FOR REAL LIFE

Chapter 7: Mapping the Emotional Environment
Chapter 8: Facing up to Emotional Challenges
Chapter 9: Managing Relationships
Chapter 10: Strategies for Getting through Tough Times
Chapter 11: Life’s Transitions

PART 4: THE EMOTIONAL HEALING TOOLKIT

Chapter 12: Thinking Strategies for Emotional Healing
Chapter 13: Mindfulness Practices to Rebalance
Chapter 14: Lifestyle Strategies for Emotional Healing
Chapter 15: Becoming the Emotionally Healed Person

PART 5: TAKING YOUR HEALING TO ANOTHER LEVEL

Chapter 16: Planning to Manage Emotions in the Future

Chapter 17: Inspiring Healing in Others

Chapter 18: Helping your Child to Heal

PART 6: THE PART OF TENS

Chapter 19: Ten Ways to Heal Emotional Wounds

Chapter 20 Ten Ways to Stay Positive

Chapter 21: Ten Exercises for Emotional Healing

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