

WLEEDA 2017 EMOTIONAL HEALTH RESOURCE LIST

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BOOKS:

1. [*Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts*](#) (Plume, 2014)
2. [*The Squeaky Wheel: Complaining the Right Way to Get Results, Improve Your Relationships, and Enhance Self-Esteem*](#) (Walker and Company, 2012)

TED TALK:

[Why We All Need to Practice Emotional First Aid](#)

ARTICLES

1. [10 Surprising Reasons You Shouldn't Brood](#)
2. [10 Surprising Facts About Failure](#)
3. [Why You Should Investigate Your Failures Like a Detective](#)
4. [Why Rejection Hurts So Much — and What to Do About It](#)
5. [10 Things You Didn't Know About Self-Esteem](#)
6. [The 7 Characteristics of Emotionally Strong People](#)
7. [The Important Difference Between Sadness and Depression](#)
8. [10 Signs of Seasonal Depression \(and 6 Ways to Fight It\)](#)
9. [10 Crucial Differences Between Worry and Anxiety](#)
10. [10 Things You Didn't Know About Guilt](#)
11. [The Five Ingredients of an Effective Apology](#)
12. [The 5 Psychological Challenges of Loss and Grief](#)
13. [How Loneliness Tricks People Into Staying Lonely](#)
14. [7 Quick Ways to Stop Being Irritable](#)