



## Overcoming Hurt

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By Windy Dryden

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Overcoming Hurt, Windy Dryden, We all feel hurt or sad sometimes, whether it's from rejection, betrayal or feeling used. But it is when we carry this feeling of hurt around with us over a long period of time that it can do untold damage. In Overcoming Hurt, Professor Windy Dryden shows that other people do not in fact have the power to cause you hurt - either by their actions or by their failure to act - it's how you choose to react to other people that matters. And you may have more choices than you think: sorrow, for example, is a healthy alternative to prolonged hurt and can be surprisingly empowering. Using Rational Emotive Behaviour Therapy, this book: explains your choices carefully helps you to identify specific situations that may be sources of hurt suggests alternative ways to react to potentially hurtful situations helps you define your problem and set goals suggests ways you may analyse your frustration tolerance level looks at how to become less prone to hurt This book helps you develop a healthy approach to relationships so you can move away from being a passive victim and be...

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