



Emotional Resilience: Simple Truths for Dealing with the Unfinished Business of Your Past

David Viscott M.D.

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Emotional Resilience is not a state of mind, but a way of life. We all want and need it in order to face life unencumbered by unrealistic fears and to communicate freely with the people we love most.

This AudioBook by expert David Viscott, one of the leading psychiatrists in America today, is a handbook for living the life you want and deserve. Listening to Emotional Resilience is like having your own wise and supportive therapist at your elbow, helping you through hard times, the difficult days, the unhappy relationship with spouse or boss or family members. All of the knowledge and insight of Dr Viscott's distinguished career is distilled into this book and its ten basic truths that can change your life.

Unexpressed events from our pasts can block our ability to be emotionally free and get in the way of the natural healing process that is inherent in all of us. Emotional Resilience helps define the forces that block feelings, allowing us to recognize and overcome the obstacles that can create unhappiness and unnecessary tension in our lives.

Dr. Viscott has spent three decades engineering therapeutic breakthroughs for his patients. In nearly all of these cases, it was the acceptance of some previously concealed truth that opened the way for healing to begin. The book's cardinal rule resolve pain at the moment it arises is remarkably simple and it works! Listen to Emotional Resilience and resolve what's bothering you and getting in the way of your sense of freedom and happiness now. Telling the truth and making positive choices can become a way of life.

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