



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

By David Viscott M.D.

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Emotional resilience is something we all want and need in order to face life unencumbered by unrealistic fears and to communicate freely with the people we love most.

This book by expert David Viscott is a handbook for living the life you want and deserve. Reading Emotional Resilience is like having your own wise and supportive therapist at your elbow, helping you through hard times, difficult days, and unhappy relationships. 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.

1. Tell the truth.
2. Face life openly. (what you avoid imprisons you.)
3. Say what you mean, feel, believe.
4. Accept yourself as you are.
5. Accept others as they are.
6. Know and accept your weaknesses.
7. Stop trying to prove yourself.
8. Let go of the past.
9. Give up false expectations.
10. Take responsibility for your life and how it turned out.
What you are willing to take responsibility for frees you.

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! Read Emotional Resilience and resolve what's 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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Editorial Review

From Publishers Weekly

Bestselling self-help author Viscott maintains, somewhat idealistically, that the secret of mental health is to "express your pain the moment it occurs." Blocked feelings, emotional dishonesty, lies and dissimulation defeat trust and thwart the expression of love, observes this Los Angeles psychiatrist and radio show host. In a pragmatic handbook for self-healing, he outlines "natural therapy," a system for being truthful about one's feelings, whether through leveling with one's partner, coming to terms with an old hurt or accepting a painful loss. "Emotional debt," i.e., the withholding of feeling, generates unresolved inner conflicts, stress, anger, guilt, depression. "Toxic nostalgia," the intrusion of buried feelings and attitudes into the present, can take many forms, he says, including anxiety attacks, somatic complaints, prejudices, playing the victim and self-destructiveness. Viscott also identifies three basic character types?dependent, controlling, competitive?based on a person's use of defense mechanisms such as denial, pretense and blame. Notwithstanding the jargon, the writing is clear and straightforward. Author tour.

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From Library Journal

Do-it-yourself home therapy with a 100,000-copy first printing.

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From [Booklist](#)

In an age when 12-step programs abound to help people control addictions, contain anxieties, and cast off emotional baggage from the past, Viscott proposes doing it all in 10 steps. His method, which includes truth telling, acceptance of self and others, letting go of the past and of false expectations, and taking responsibility for one's life, is for those trapped in emotionally confining situations, whether personal relationships, educational impasses, or financial situations. Besides the 10 steps, however, he stresses a single, seemingly simple rule: resolve pain the moment it arises. This maxim he bases on the conviction that revealing true feelings will heal one's life. Telling the truth simplifies, he maintains, allowing one to discharge pain from the past instead of retaining and distorting it. Lies complicate, leading one to let memories become symbols of stored traumas and blocking the natural therapeutic process: expressing feelings, mourning losses and forgiving, admitting lies and the motivations behind them, and creating productive lives all become harder. *Whitney Scott*

Users Review

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Fernande Hairston:

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