



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

*David Viscott*

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

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

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.

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

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## **From Reader Review Emotional Resilience: Simple Truths for Dealing with the Unfinished Business of Your Past for online ebook**

### **Robert Murphy says**

Wow, what a book. I normally read with great alacrity, but this book slowed me WAY down and held my attention, once it got it. I've read fiction books from the first-person perspective before, but never the second (and not that this is fiction). Viscott begins somewhat nebulously, but by chapter 9 he is in full swing and was complete captivating. I think the unending "you's" made me evaluate my own heart at every turn. I am more messed up than I am prepared to admit. I think everyone will feel that when they read this book. But it is the only way forward. I feel like this book could've been shorter and accomplished as much, and his naïve Self Confidence talk is rather unthoughtful at time, but overall, I would recommend this book to anyone who can stand to look in the mirror this honestly.

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### **T says**

tl; dr

Emotional memory leads to baggage. Suppression does not mean elimination or resolving.

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### **Colleen Wainwright says**

Dense and overwritten, "flow" is kind of the opposite of what this book does. It's a slog in places, and repetitive in other places, and humorless in pretty much all the places. Still, there's some good info to be extracted. The core tenets for living a sane and happy life make sense, especially the parts about getting down with the truth and not taking an excessive amount of crap from people. After discovering what happened to David Viscott in his own life, however, I would say this: the truths, they may be "simple", but they are certainly not easy.

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### **Isobel says**

At first, parts of this book seemed victim-blamey in the author's insistence on personal responsibility for the things that have happened to you. But I stuck with the book anyway, and I'm glad I did because I learned a shit-ton of really valuable information about myself and how I process (or prevent myself from processing) traumatic events. It also allowed me to better understand the people in my life and how they process similar events. I think I'll be returning to this often in my healing process.

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### **Buz Mayo says**

I'm finding this to be valuable in my own journey of emotional/spiritual renovation. I am appreciating the

way Dr. Viscott puts words to some very complicated processes. He understands a great deal of the way our brains process information and emotions. I feel like I am taking a guided tour of my own emotional makeup and am finding the tour helpful to my soul.

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### **Ahmad Saqr says**

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### **Nehal Abdurhaman says**

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### **Nicole Sanchez says**

I got this book in hopes of it helping me understand why I was feeling the way I was feeling. Although I don't agree with everything in this book, It definitely opened my eyes and taught me some things. I will refer

back to this book when I feel myself slipping again and need a reminder. I recommend this book if you're going through a hard time and if you are still trying to quiet old demons.

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### **Aditi says**

The book highlights the relationship between hurt, health and honesty. To quote the author, " if you lived honestly, your life would heal itself." The author's theory of the natural healing appeals to one's intuition as well as judgement. He has put sensitive studies of lives wrought with hurt, and their healing in the book. If you are patient with the book- you will approach not only others, but also yourself from a place of understanding. It is a guide to the exploration of the self. It is also a useful reference for students of psychology.

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### **Mahmoud Azaaz says**

It reveals a lot about life.

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### **Nick Blasier says**

Man, this one helped a lot - enlightening. It just makes all the things in life that hurt the worst, and that I see hurting others the worst, make a little more sense. Its prescience is frightening - it made me feel a little silly at times to feel like I was reading my own direct life experiences in the "hypothetical" scenarios being laid out in the book. That's what was best about it I suppose - it felt deadly accurate. Lots of the encouraging books I read recently talked about processing emotions and living in the present - this book went so much further, talking about where these feelings come from, the why, \*how\* to be better at processing them. The encouraging and spiritual takes in other books were great, but by the time I made it to this book, I was definitely ready for something more informational, and I got it here. Definitely intend to buy this one and revisit it in the future.

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### **Melanie says**

Rereading this again.

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### **Kristen Munson says**

Being authentic and having authentic friends and relationships. Very good!

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## **BUDOOR says**

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## **Mona Randall says**

helped me accept my past and move forward and away from the negativity.

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