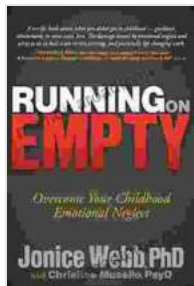


Running On Empty: Overcome Your Childhood Emotional Neglect



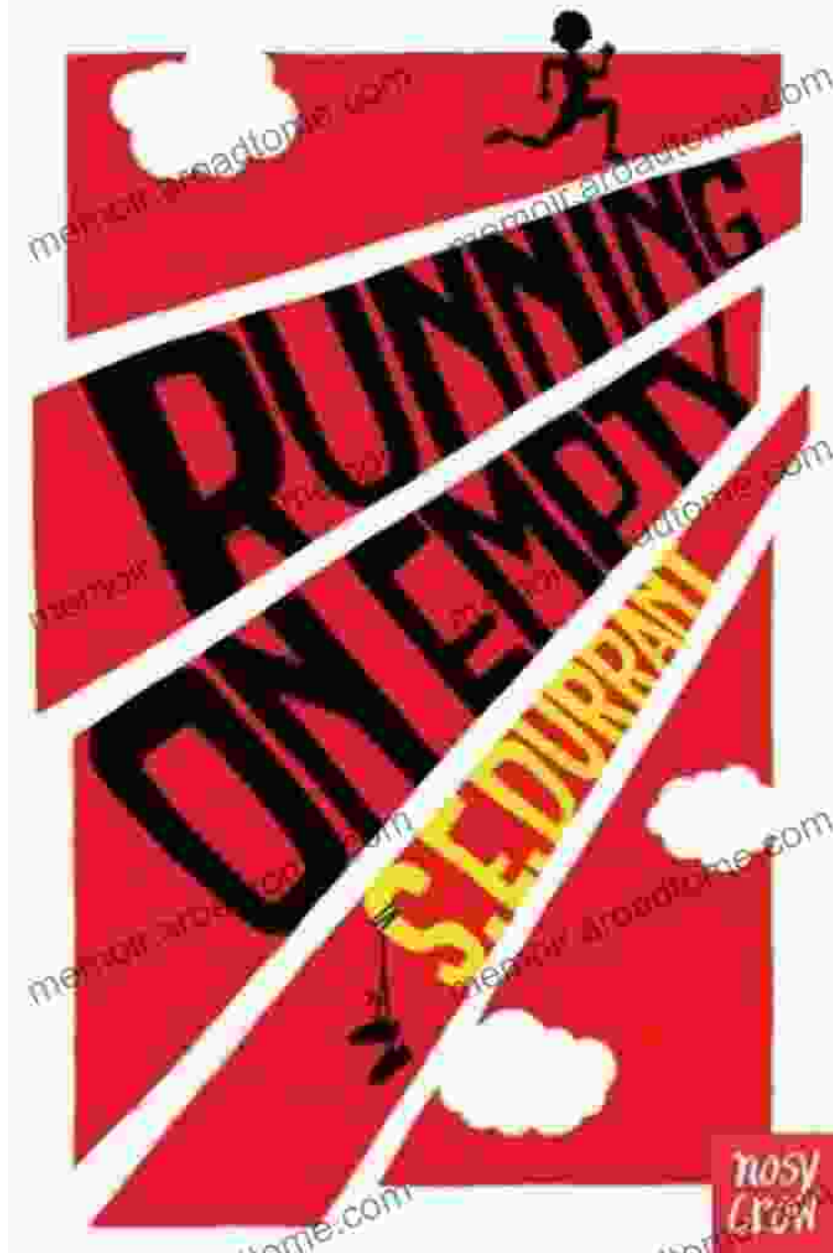
Running on Empty: Overcome Your Childhood Emotional Neglect by Jonice Webb

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2657 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 251 pages
Lending	: Enabled



By Dr. Jonice Webb



Running On Empty is the essential book for understanding childhood emotional neglect, its devastating effects across our lifespan, and the crucial steps we can take to heal and reclaim our lives.

Childhood emotional neglect (CEN) is a widespread problem that affects millions of people. It occurs when parents fail to meet their children's basic emotional needs, such as warmth, affection, and security. This can have a

profound impact on a child's development, leading to a range of problems in adulthood, including:

- Difficulty forming close relationships
- Low self-esteem
- Anxiety and depression
- Addiction
- Self-sabotaging behavior

In **Running On Empty**, Dr. Jonice Webb draws on her decades of experience as a clinical psychologist to provide a comprehensive guide to understanding and healing from CEN. She explains the different types of CEN, its causes, and its long-term effects. She also offers practical strategies for overcoming the challenges of CEN, including:

- Building healthy relationships
- Improving self-esteem
- Managing anxiety and depression
- Breaking free from addiction
- Ending self-sabotaging behavior

Running On Empty is an essential resource for anyone who has experienced childhood emotional neglect. It offers hope and healing for those who have been struggling with the effects of CEN for years. With Dr. Webb's guidance, you can learn to understand your past, overcome the challenges of CEN, and create a fulfilling and meaningful life.

Praise for Running On Empty

"Dr. Webb's book is a groundbreaking work that sheds light on the devastating effects of childhood emotional neglect. With her trademark compassion and insight, she provides a roadmap for healing and recovery."

- Gabor Maté, MD, author of *In the Realm of Hungry Ghosts*

"Running On Empty is a must-read for anyone who has experienced childhood emotional neglect. Dr. Webb's insights are profound, her compassion is palpable, and her guidance is invaluable." - Bessel van der Kolk, MD, author of *The Body Keeps the Score*

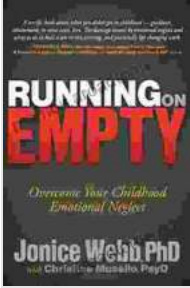
"Dr. Webb's book is a lifeline for those who have suffered from childhood emotional neglect. With her gentle guidance, you can learn to understand your past, heal your wounds, and create a brighter future." - Edward Tronick, PhD, University Distinguished Professor of Psychology, University of Massachusetts Boston

About the Author

Dr. Jonice Webb is a clinical psychologist who has specialized in the treatment of childhood emotional neglect for over 25 years. She is the author of the bestselling book **Running On Empty**, which has been translated into over 20 languages. Dr. Webb has appeared on numerous television and radio programs, including *The Oprah Winfrey Show* and *The Today Show*.

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