

INTERNATIONAL BESTSELLER

A terrific book about what you didn't get in childhood — guidance, attunement; in some cases, love. The damage caused by emotional neglect and what to do to heal it are in this exciting, and potentially life changing work.

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RUNNING ON **EMPTY**

*Overcome Your Childhood
Emotional Neglect*

Jonice Webb, PhD
with **Christine Musello, PsyD**

Running On Empty Overcome Your Childhood Emotional Neglect Jonice Webb

Meera Atkinson



Running On Empty Overcome Your Childhood Emotional Neglect Jonice Webb:

Running on Empty Jonice Webb, Christine Musello, 2012-10-01 This informative guide helps you identify and heal from childhood emotional neglect so you can be more connected and emotionally present in your life Do you sometimes feel like you re just going through the motions in life Do you often act like you re fine when you secretly feel lonely and disconnected Perhaps you have a good life and yet somehow it s not enough to make you happy Or perhaps you drink too much eat too much or risk too much in an attempt to feel something good If so you are not alone and you may be suffering from emotional neglect A practicing psychologist for more than twenty years Jonice Webb has successfully treated numerous patients who come to her believing that something is missing inside them While many self help books deal with what happened to you as a child in **Running on Empty** Webb addresses the things that may not have happened for you What goes unsaid or what cannot be remembered can have profound consequences that may be affecting you to this day **Running on Empty** will help you understand your experiences and give you clear strategies for healing It also includes a special chapter for mental health professionals **Jonice Webb: Running on Empty: Overcome Your Childhood Emotional Neglect** Jonice

Webb, 2018-04-12 A vast fragment of the populace battles with sentiments of being disconnected from themselves and their friends and family They feel imperfect and censure themselves **Running on Empty** will enable them to understand that they re enduring not in view of something that transpired in adolescence but since of something that didn t occur It s the void area in their family picture the foundation as opposed to the forefront This will be simply the primary enable book to expose this undetectable power to instruct individuals about it and show them how to defeat it **Running on Empty No More** Jonice

Webb, 2017-11-07 Opens doors to richer more connected relationships by naming the elephant in the room Childhood Emotional Neglect Harville Hendrix PhD she also explains exactly what to do about it Terry Real internationally recognized family therapist speaker and author Good Morning America The Today Show 20 20 Oprah and The New York Times You will find practical solutions for everyday life to heal yourself and your relationships This is a terrific new resource that I will be recommending to many clients now and in the future Dr Karyl McBride author of Will I Ever Be Good Enough **Wenn die Mutterliebe fehlte** Jasmin Lee Cori, 2018-10-29 Das innere Kind heilen Kennen Sie das Ihre Mutter war distanziert k hl und meist mit den Gedanken woanders Erwachsene deren M tter in der Kindheit emotional abwesend waren k nnen oft nicht genau beschreiben was in ihrem Leben fehlt Sehr oft jedoch k mpfen sie mit Beziehungs oder Selbstwertproblemen Dieses Buch hilft dabei die verborgenen Verletzungen auszugraben die durch fehlende m tterliche W rme und Liebe entstanden sind Sie erfahren m gliche Gr nde warum eine Mutter keine Bindung zu ihrem Kind aufbauen kann Einf hlsam zeigt die Autorin wie Sie Ihr inneres ungeliebtes Kind lieben lernen und sich selbst die Mutter sein k nnen die Sie sich damals gew nscht h tten *Unbedingt lesen, wenn ...* Dr. Julie Smith, 2025-02-18 Mental Health Tipps f r jede Lebenslage Egal ber wie viel

psychologisches Grundlagenwissen wir verf gen unsere Seele ist nie vor einer akuten Notlage gefeit Wir k nnen noch so sehr

in uns ruhen wenn Trauer uns berw ltigt die Selbstzweifel die Oberhand gewinnen oder wir betrogen wurden erscheint die Situation oft aussichtslos und alles theoretische Wissen zur Bew ltigung der mentalen Stresssituation ist vergessen Julie Smith steht uns zur Seite wenn wir uns allein und berfordert f hlen und psychologische Hilfe am dringendsten brauchen F r fast jede Lebenslage hat sie einen Brief verfasst Wenn du dich mit anderen vergleichst und schlecht dabei wegst kommst Wenn du dich in Gesellschaft unwohl f hlst Wenn die Angst dich l hmt Wenn du etwas getan hast das du bereust Dann bitte unbedingt lesen und du wirst dich direkt verstanden f hlen Wenn du merkst dass du immer alles alleine l st und Schwierigkeiten damit hast selbst die Stimme zu sein die du h ren musst ist dieses Buch f r dich *Emotionaler Missbrauch durch Narzissten in der Familie* Katharina Wiesmer,2023-03-01 F hlen Sie sich nach Kontakten mit einer bestimmten nahestehenden Person oft ausgelaugt oder bedr ckt L sst Sie eine Interaktion mit dieser Person h ufig verletzt unruhig oder ratlos zur ck Dies sind typische Anzeichen f r emotionalen Missbrauch Weitverbreitet und trotzdem kaum bekannt kommt emotionaler Missbrauch vor allem in Familien vor Er wird im Verborgenen und oft von nach au en ganz normal scheinenden Personen ausge bt Dieses Buch deckt auf wie emotionaler Missbrauch im Detail vor sich geht und zeigt wie sich Betroffene von ihm befreien k nnen Schritt f r Schritt und ganz konkret werden hier Wege zur umfassenden Bew ltigung und hin zu neuer Lebensfreude aufgezeigt **The Quiet Rise of Introverts** Brenda Knowles,2017-10-03 Expert advice on building resilience and strong relationships without draining yourself Introverts may not want to go out and party every night but that doesn t mean they don t want to meet people have fun and build secure loving relationships This guide is designed to help introverted individuals grow and nurture their peace purpose and bonds with others in ways that work for them Author speaker and life coach Brenda Knowles presents eight unique practices to help readers learn that they are not alone or flawed in their sensitivity and introversion and that they are capable of creating and maintaining relationships Certified as a Myers Briggs practitioner and trained in family mediation Knowles reveals how these practices can yield A calmer sense of self A deeper understanding of mental and physical self care An understanding of the purpose of conflict Growth in relationship responsiveness The secret to healing every day *Everyone Needs Attention* Tamar Jacobson,2018-08-07 Attention seeking is seen as misbehavior in young children and giving them the attention they need is often times interpreted as reinforcement of bad behavior Everyone Needs Attention focuses on how we as adults manage our emotions when children seek our attention including a how to chapter to help reflect about how the reader sought out attention when they were children This book includes conversations with teachers as well as some concrete steps to assist in self explorations Tamar Jacobson PhD includes her own life story suffering emotional neglect as well as anecdotes of her work with teachers families and children over the past forty years as a preschool teacher professor mother and early childhood consultant **The Emotionally Strong Leader** Carolyn Stern,2022-10-04 The Emotionally Strong Leader offers those leading our workplaces organizations and institutions an opportunity to transform their leadership and their lives by learning to harness the power contained in

recognizing and understanding their feelings For leaders managing their emotions and leading with a strong mind and a kind heart while using a set of clear simple and tested skills and strategies will enable them to connect more authentically and communicate more effectively with their colleagues and teams This kind of connection and communication creates an environment of trust and belonging that will spur engagement spike curiosity and engender fraternity in the workplace How does one get there By leading with emotional intelligence Unfortunately too many leaders choose another path one that eschews their emotions and those of their employees as bothersome and unimportant to the task at hand This limited and damaging viewpoint tends to make people feel as though they are simply task managing machines and not the terrific and complex individuals full of energy passion and unlimited potential that they are What we need are leaders who understand themselves from the inside out who know why they do what they do and who use the information their feelings provide to help them make informed rational decisions especially when the stakes are high We need leaders who express humility engage in genuine and caring conversations with the people they lead and who aren't afraid to admit when they make a mistake We need executives who are both emotional and strong Author Carolyn Stern's six step self coaching model adapted from emotional intelligence courses she's developed for major universities and corporations across North America is backed by decades of field experience and top science on emotions and behavior Stern's model is the tool leaders need to uncover their barriers to growth and change set personal goals and tap into their motivation It will give them the means and drive to manage the hurdles life throws at them dramatically impacting their performance results and happiness Simply put The Emotionally Strong Leader will turn the way readers think about leading on its head

[The Fearless Woman's Guide to Starting A Business](#) Amée Quiriconi, 2021-04-13 Create Your Own Women Owned Business Startup a guide for smart ambitious women who want to make their mark on the world a practical step by step journey to shifting your mindset and calling on your own resilience and resourcefulness Rachel Beider bestselling author of Massage MBA Run Your Practice Love Your Life and globally recognized small business expert The Fearless Woman's Guide to Starting a Business is a book for freedom seeking female entrepreneurs and solopreneurs who want to know how to connect with their true passions skills and desires It's a book for startup business women who get honest with themselves about their reasons for wanting to start a business Learn what type of new business you want to lead Through a combination of data neuroscience true stories humor and the type of frankness that you would expect from your best girlfriend this book helps you determine the real reasons and motivations behind starting a business and then dares you to dream big about what being the head of a woman owned business can do for you Find real tools for real women in business When creating a start up it can be difficult to stay the course to choose yourself and stay motivated on the hardest days Amé Quiriconi author and entrepreneur behind the One Broken Mom podcast has your back In The Fearless Woman's Guide to Starting a Business learn about The main reasons business owners report why they closed their businesses and how you can avoid failure Specific techniques and insights

needed for building a startup and brand that is authentic to who you are How to turn your side hustle or hobby into a money making endeavor Strategies for navigating the sometimes hostile world business women live and work in every day Readers of business books and entrepreneurship books for women like Girl on Fire by Cara Alwill Leyba Fear is my Homeboy Believe It or Boss Up will love The Fearless Woman s Guide to Starting a Business **The Prenatal Shadow** Cherionna Menzam-Sills,2025-03-04 Explains how babies remember their experiences from the womb and birth as implicit memory impressions that are held in emotions images and the body Examines scientific evidence of how preverbal memory works and how prenates are highly responsive to their mother s perceptions Looks at how to become aware of and acknowledge implicit memory from the womb as well as how to heal and prevent birth trauma In a world where it is believed that babies lack awareness somatic pre and perinatal therapist Cherionna Menzam Sills Ph D reveals that babies do perceive negative prenatal and birth experiences which can easily become unconscious shadow infiltrating the psyche and affecting personality relationships behavior and perceptions throughout life Drawing on scientific evidence of how preverbal memory works the author shows how babies even before birth are exquisitely sensitive with remarkable potential She explains how babies remember the intensely formative experiences from this primal period as implicit memory and she looks at how prenates are deeply influenced by their mother s perception of safety or threat including during labor and birth which affects their developing nervous systems Examining the healing and integration of the prenatal shadow the author presents body awareness exercises reflection questions and meditative practices for sensing the little one within and offering them what they need She also shares stories about how clients were able to express their prenatal emotions changing their lives with these techniques By integrating the prenatal and perinatal shadow hidden just beyond conscious awareness we can heal our relationships with ourselves and our loved ones as well as reconnect with our original potential **Identifying The Wolf** Lisa Hilton,2023-08-25 Identifying The Wolf Sexual predators love having power and control Most are amoral and will do anything to ensure they have what they want Through the author s own experiences and research and by listening to the voices of victims she has observed that there is one consistency in how these predators retain that control Grooming Once thought to be something that only happens before abuse takes place we now know that predators use different types of grooming tactics before during and after abuse occurs This book provides an in depth exploration of sexual grooming and captures the emotional physical and spiritual impact of grooming behaviours You will find checklists tip sheets guides and firsthand accounts to help identify and combat grooming tactics You ll also have a step by step guide on how to support your loved ones in the aftermath of abuse By becoming emotionally literate and informed we can do our part to create safety and trustworthiness This book is an invitation to look at what s been happening around you with a new lens Traumata Meera Atkinson,2018-04-26 A brilliant fiercely profound work of creative non fiction in the vein of Maggie Nelson s The Argonauts In this extraordinary book Meera Atkinson explores the ways trauma reverberates over a lifetime unearthing the traumatic

roots of our social structures and our collective history Using memoir as a touchstone Atkinson contemplates the causes of trauma and the scars it leaves on modern society She vibrantly captures her early life in 1970s and 80s Sydney and her self reflection leads the reader on a journey that takes in neuroscience pop psychology feminist theory and much more Searing in its truthfulness and beauty Traumata deals with issues of our time intergenerational trauma family violence alcoholism child abuse patriarchy forging a path of fearless enquiry through the complexity of humanity **My Year Zero** Rachel

Gold,2016-03-01 Lauren thinks she has a pretty good life so why is it that she feels crazy most of the time She figures it s nothing she can t fix by getting her first girlfriend and doing better at school But how is she ever going to find a girlfriend in Duluth Minnesota When she meets a group of kids who are telling a science fiction story online and gets invited down to the Twin Cities she gets more attention than she ever expected from two very different girls charming Sierra and troublesome Blake Blake helps Lauren understand that she s not the crazy one in her life But Blake s attention and insights into life and living with bipolar disorder threaten to destroy everything Lauren has created for herself including her relationship with Sierra Understanding Your Inner Child and Overcoming Addiction Eddie Capparucci,Nathan Jones,2023-09-12 This book provides a comprehensive overview of the Inner Child Model™ for treating Addictive Behaviors a trauma based approach to the treatment of various addictions including alcohol drugs food gambling sex spending smoking etc Research indicates the onset of addiction originates in childhood trauma inability to process emotional discomfort and attachment disorders This book addresses each of these issues to assist individuals in overcoming the drivers of addictive behaviors But more importantly provides solutions to help those who struggle to learn to manage their addiction It contains numerous case studies in which readers will see themselves and their stories throughout the pages and assists readers in generating a comprehensive recovery roadmap that will provide real world solutions to staying one step ahead of their addiction While there have been books written about the Inner Child few focus on how the Inner Child impacts addiction This unique and interactive therapeutic approach empowers individuals by assisting them in understanding why they engage in addictive behaviors This book is written for anyone struggling with behavioral substance addiction their loved ones and clinicians working in the field of addiction treatment **The Emotionally Absent Mother, Second Edition** Jasmin Lee Cori MS, LPC,2017-04-18 The groundbreaking guide to self healing and getting the love you missed Years ago I was on vacation and read The Emotionally Absent Mother That book was one of many that woke me up I began the process of reparenting and it s changed my life Dr Nicole LePera New York Times bestselling author of How to Do the Work Was your mother preoccupied distant or even demeaning Have you struggled with relationships or with your own self worth Often the grown children of emotionally absent mothers can t quite put a finger on what s missing from their lives The children of abusive mothers by contrast may recognize the abuse but overlook its lasting harmful effects Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering In this second edition of her

pioneering book with compassion for mother and child alike she explains Possible reasons your mother was distracted or hurtful and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the mother gap through reflections and exercises How to secure a happier future for yourself and perhaps for your children Emotional Detachment Lila Santoro,AI,2025-03-12 Emotional Detachment explores the critical link between emotional disconnection and addictive behaviors framing addiction as a symptom of deeper emotional issues This self help guide delves into how suppressing emotions often rooted in early childhood experiences can fuel reliance on addictive behaviors as coping mechanisms The book uniquely integrates attachment theory and trauma informed care to provide a comprehensive understanding of this dynamic The book highlights intriguing insights such as how emotional detachment operates unconsciously driving addictive behaviors without full awareness and how early neglect can significantly impact later relationships It progresses from introducing core concepts like the neurobiology of addiction to examining the developmental origins of detachment and its manifestation in various addictions including substance abuse and compulsive behaviors Ultimately Emotional Detachment offers practical strategies including mindfulness and cognitive restructuring for reconnecting with emotions building resilience and fostering healthier relationships Case studies and research support the arguments offering readers actionable insights to identify and address patterns of emotional detachment leading to lasting recovery and improved well being **Drama Free** Nedra Glover Tawwab,2023-02-28 From the bestselling author of SET BOUNDARIES FIND PEACE a road map for understanding and moving past family struggles and living your life your way Every family has a story For some of us our family of origin is a solid foundation that feeds our confidence and helps us navigate life s challenges For others it s a source of pain hurt and conflict that can feel like a lifelong burden In this empowering guide licensed therapist and bestselling relationship expert Nedra Glover Tawwab offers clear advice for identifying dysfunctional family patterns and choosing the best path to breaking the cycle and moving forward Covering topics ranging from the trauma of emotional neglect to the legacy of addicted or absent parents to mental health struggles in siblings and other relatives and more this clear and compassionate guide will help you take control of your own life and honour the person you truly are **Мамина нелюбовь. Как исцелить скрытые раны от несчастливого детства** Жасмин Ли Кори,2021-07-10 PDF A4 **But What Will People Say?** Sahaj Kaur Kohli,2024-06-06 A paradigm shifting book from therapist and founder of browngirltherapy offering powerful insights and guidance for multi cultural readers to better understand accept and nurture their mental wellbeing Sahaj grew up as a south asian girl in a white American community constantly trying to reconcile her two identities always feeling like she wasn t enough of either Her mental health suffered but her worries were met with shame and the all encompassing question But what will people say After years of attending therapy in secret and finding the same gaps in the mental health world Sahaj decided to train as a therapist herself Now with over 225k followers from around the world Sahaj is on a mission to make mental health advice

accessible for people from all cultures and ultimately help others free themselves from shame There are sections on Generational trauma Breaking down stigma Celebrating cultural duality But What Will People Say elegantly weaves together Sahaj s personal narrative with anecdotal analysis and comprehensive research to create a revolutionary guide that will democratize and decolonize the way we think about our mental health It is nothing short of a revolution This book is a must read Layla F Saad New York Times bestselling author of Me and White Supremacy

Whispering the Strategies of Language: An Emotional Journey through **Running On Empty Overcome Your Childhood Emotional Neglect Jonice Webb**

In a digitally-driven earth wherever displays reign great and quick interaction drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words frequently move unheard. However, situated within the pages of **Running On Empty Overcome Your Childhood Emotional Neglect Jonice Webb** a interesting fictional treasure sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, that wonderful opus encourages visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the mental depths with this moving evaluation, we shall embark upon a honest exploration of the book is primary styles, dissect its fascinating publishing model, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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