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# **RUNNING** ON **EMPTY**

*Overcome Your Childhood  
Emotional Neglect*

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

# Running Empty Overcome Childhood Emotional

**Jonice Webb**



## **Running Empty Overcome Childhood Emotional:**

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

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 [Toxic: A Compassionate Companion and Guide to Overcoming a Traumatic or Abusive Childhood](#) Jackie Poet,2024-02-19 All of us who experienced a traumatic abusive or unfair past deserve a bright bold and beautiful future If you lived through a damaging or abusive childhood this book understands It offers validation practical guidance and hope Inside you ll explore How early experiences shape adult beliefs and behavior Ways to understand and work through emotional triggers and trauma Actionable steps toward creating the life you deserve Your healing journey is unique This book respects that truth You ll discover a range of approaches from traditional therapy to alternative healing methods like cold water immersion movement therapy and mind body work It empowers you to choose your own path forward It addresses essential questions How can trust be rebuilt What makes a relationship healthy or harmful How do you recognize narcissism gaslighting and codependency What is forgiveness and is it always necessary From processing difficult emotions to reshaping destructive thought patterns Toxic provides practical tools you can use right away Learn to spot thinking traps and build healthier ways to deal with anxiety shame guilt and self worth Whether through psychotherapy journaling boxing dance or meditation you ll find tools that fit your life and needs Your past is part of your story But it doesn't have to define your future **The Emotionally Absent Mother, Updated and Expanded Second Edition** Jasmin Lee Cori,2017-04-18 The groundbreaking guide to self healing and getting the love you missed 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 **Saving Lives Without Destroying Yours** Dr. Maryna Mammoliti,Adam Ly,2024-06-12 Physicians help people heal but how well do they take care of their own physical and mental well being How does a physician's personal history medical training and medical culture predispose and perpetuate potential health issues relationship challenges financial strain abuse or burnout in physicians Does the prevalent mindset of pushing beyond our needs and losing ourselves in the physician identity perpetuate burnout or sustainability How do emotions such as fear obligation guilt and shame affect medical training medical practice physician lives and their relationships Saving Lives without Destroying Yours is a self help

book for physicians to set boundaries to improve their mental health and wellbeing break intergenerational medical training traps protect themselves engage more in their life roles and design a life and medical practice where physicians can thrive not just survive This book empowers physicians to know themselves their needs wants abilities and limitations while being understanding and non judgmental towards others needs when setting boundaries Takeaway pearls include building self awareness setting boundaries communicating assertively identifying patterns of abuse building healthy relationships and managing interpersonal conflict using dialectical behavioural therapy principles and emotional intelligence Dr Mammoliti and Mr Ly combine their experience in psychiatry psychotherapy coaching and occupational therapy to encourage a comprehensive self reflection journey and guide physicians in boundary setting Discover how to say No appropriately and say Yes to a more meaningful and healthy life

**Abrir Quando...** DRA. JULIE SMITH,2025-04-21 **Running on Empty** Perrin Quilan,2025-08-10 Discover the unseen childhood wound and reclaim the self you were always meant to be Many carry an invisible wound from childhood a quiet absence that leaves them feeling unseen unheard and perpetually not enough Running on Empty Overcome Your Childhood Emotional Neglect reveals how subtle unrecognized gaps in emotional care shape adult lives eroding self worth connection and joy Drawing on compassionate insight and practical strategies this book helps you identify the signs of Childhood Emotional Neglect understand its origins and break free from its lingering effects With clarity and empathy it guides you toward emotional healing deeper relationships and the confidence to finally feel whole

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