

# Running On Empty Overcome Your Childhood Emotional Neglect

## Peace Books

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 & Helen Lakelly Hunt, PhD, authors of the New York Times bestseller *Getting the Love You Want*). Since the publication of *Running on Empty: Overcome Your Childhood Emotional Neglect*, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, has been weighing on them their entire lives, and are now in the process of recovery. *Running on Empty No More: Transform*

Your Relationships will offer even more solutions for the effects of CEN on people's lives: how to talk about CEN, and heal it, in relationships with partners, parents, and children. "Filled with examples of well-meaning people struggling in their relationships, Jonice Webb not only illustrates what's missing between adults and their parents, husbands, and their wives, and parents and their children; 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?

Summary of Running on Empty SellWave Audio, 2025-11-11 Running on Empty is a compassionate and illuminating guide to identifying and healing from childhood emotional neglect, helping you become more connected and emotionally present in your life. Many people who appear successful and well-adjusted on the outside feel a persistent emptiness or disconnection within. They may go through the motions, masking feelings of loneliness or dissatisfaction, or turn to overeating, drinking, or risky behaviors in an attempt to feel something real. Drawing on over twenty years of experience as a practicing psychologist, Jonice Webb explores the subtle but profound impact of what didn't happen in childhood—the moments that went unspoken, the needs that went unmet, and the memories that may be absent. Unlike other self-help books that focus on what happened to you, Running on Empty addresses what didn't, showing how these gaps can shape your emotional world and continue to affect your life today. Through clear explanations and practical strategies, Webb helps readers understand their experiences, navigate the lingering effects of emotional neglect, and take actionable steps toward healing. A special chapter also provides guidance for mental health professionals, making this book a valuable resource for both personal growth and clinical practice.

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.

*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.

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**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.

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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.

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**Gifts From A Challenging Childhood** Jan Bergstrom,Jan Bergstrom Lmhc,2019-09-06 When I was four and a half years old, I found my mother passed-out on her bedroom floor. She had overdosed--shortly after giving birth to my baby brother, and she went on to spend six months in a psychiatric hospital. On one of the many days she was away, I remember sitting in the backseat of our car with my older brother as my father drove us to the store, when suddenly our car collided head-on with another vehicle. I was too young to understand everything happening at the time, but, in the months that followed, I became parentless for a span of time that seemed like years. That experience set the stage for a lifelong interest in the impacts of childhood trauma. It also sparked my passion for healing others. Today, based on the model created by best-selling author and trauma expert Pia Mellody (Facing Co-dependence ©2003), I share with you, Gifts from a Challenging Childhood: Creating a Practice for Becoming Your Healthiest Self. In these pages, you will: \* Learn and adopt 5 Core Practices for healthy living \* Cultivate a framework for your functional adult Self \* Gain clarity about your family-of-origin history \* Reparent your historically hurt places \* Speak your truth, and learn to have your own back \* Gather and use resources to help you heal from childhood trauma In Gifts from a Challenging Childhood, author Jan Bergstrom describes with empathy and clarity the exact emotional, intellectual and neurological ways that children's brains respond to trauma, and how the impact of that experience endures in the child's life throughout adulthood. Bergstrom explains how our basic needs as children for love, protection, validation and expression must be met by our parents; and how, when these needs are not met in childhood, we can end up with one-up or one-down self-esteem and over-protective or under-protective boundaries as adults. In-depth descriptions of supportive, therapeutic techniques abound in this book, from mindfulness to grounding to writing a letter to yourself. Whether you experienced traumatic neglect or excessive control and enmeshment at the hands of your parents, this book will not only help you identify what went wrong for you, it will also provide you with validating, supportive and compassionate ways to reparent yourself. Jonice Webb, PhD Bestselling author of *Running On Empty: Overcome Your Childhood Emotional Neglect* and *Running On Empty No More: Transform Your Relationships*. Jan's book is a precious guide to untangling the complications and difficulties many of us have in our adult lives, arising from traumatic childhoods. Read it, underline it, take it with you on your personal journey. This book will bring you home. Nick Morgan. President of Public Words, Inc, a communications consulting company, and author of *Can You Hear Me? How to Communicate with People in a Virtual World*. The devastating consequences of childhood trauma for the individual, families,

and society at large are far-reaching, and cannot be overestimated. Jan Bergstrom's new work builds beautifully on Pia Mellody's Post Induction Therapy model, offering hope and a detailed path forward for healing childhood wounds and living an authentic and empowered life. Vicki Tidwell Palmer Author of *Moving Beyond Betrayal: The 5-Step Boundary Solution for Partners of Sex Addicts*

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