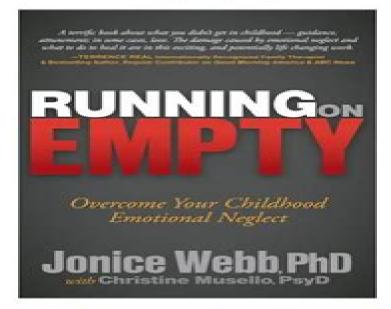
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Nice Running Empty Overcome Childhood Emotional Ebook

Yijin Wang

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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 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 guite 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

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delves into the long lasting effects of emotional neglect on one s emotional well being and relationships Readers will gain insight into how their emotional needs may have been unmet in childhood leading to feelings of emptiness and disconnection in adulthood The book offers strategies for identifying and addressing these unmet needs in order to foster healing and emotional growth Furthermore Empty Reservoirs provides practical exercises and tools for readers to begin the process of healing from childhood emotional neglect By incorporating these strategies into their daily lives readers can learn to nurture and care for their emotional selves in a way that was lacking in their formative years Ultimately Empty Reservoirs serves as a guide for individuals who have experienced emotional neglect in childhood helping them to understand the impact it has had on their lives and offering a path towards healing and self discovery With compassion and insight author invites readers to embark on a journey of self exploration and healing empowering them to fill the empty reservoirs left behind by childhood emotional neglect and move towards a more fulfilling and emotionally rich life Empty Reservoirs Overcoming Childhood Emotional Neglect is a powerful resource for anyone seeking to understand and heal from the effects of emotional neglect offering hope and guidance for a brighter and more emotionally connected future How to Heal Your Inner Child Simon Chapple, 2021-12-09 A masterclass in understanding ANNIE GRACE author of This Naked Mind Ten questions to ask yourself right now Do you have a sense that something is wrong but you don't know what it is Do you have a feeling that you are hollow inside that you are empty or have a void within Do you react badly to rejection Do you often feel sad unhappy or down for no obvious reason Would you describe yourself as highly sensitive Do you have problems with relationships and intimacy Do you engage in addictive behaviour alcohol drugs gambling shopping food sex work exercise Do you have low self esteem or self worth are you not good enough Do you have a sense of being numb to your feelings Do you rarely experience true joy and happiness If you have answered yes to most of these questions there is a strong chance you have experienced emotional neglect or trauma as a child An emotionally neglected child may struggle to form strong and secure attachments as an adult They may feel hollow or empty worthless or overly important judge themselves harshly and struggle with addictive tendencies drinking eating or exercising too much for example If this describes you Heal Your Inner Child will change your life and give you back the love compassion and authenticity you needed as a child and deserve as an adult Fomer heavy drinker turned sobriety coach Simon Chapple is like you a survivor of childhood trauma His unique brand of straight talking practical yet reflective and relatable advice has helped thousands of people guit drinking and he can help you now to move on from childhood emotional neglect to a place of happiness free from past trauma How to Heal Your Inner Child is a stepped and safe approach to confronting your past with space for reflective and supportive strategies that will help you to foster self compassion and break free from the destructive behaviours that have blighted your life Clinically endorsed and verified by a psychotherapist this deeply personal unflinchingly honest exploration is designed to unlock your own epiphany and support SHADOWS OF SILENCE, HEALING FROM you as you journey to a happier less troubled and more authentic self

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