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Running on Empty: Overcome Your Childhood Emotional Neglect

PhD Jonice Webb, PsyD Christine Musello

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Do you sometimes feel as if you're just going through the motions in life? Are you good at looking and acting as if you're fine, but secretly feel lonely and disconnected? If so, you are not alone. The world is full of people who have an innate sense that something is wrong with them - who feel they live on the outside looking in, but have no explanation for this feeling and no way to put it into words.

If you are one of these people, you may fear that you are not connected enough to your spouse, or that you don't feel pleasure or love as profoundly as others do. You may drink too much, or eat too much, or risk too much, in an attempt to feel something good.

Running on Empty will give you clear strategies for how to heal, and offers a special chapter for mental-health professionals. In the world of human suffering, this book is an emotional smart bomb meant to eradicate the effects of an invisible enemy.

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