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Overcome Your

Childhood

~~One Broken Mom |~~

~~Dr. Jonice Webb~~

~~| Understanding~~

~~Childhood~~

~~Emotional~~

~~Neglect~~

Running on Empty

Book Review by

Brittany Watkins

Healing

Relationships

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after Childhood
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More: Transform
Your
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The Same.
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Completely
Unaware Of Their
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Neglect~~ **Bob**

**Schneider -
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Emotional
Neglect and
Narcissism with
Dr. Jonice Webb**

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*The Maddigans -
Running On Empty*
[Official Music
Video] Running
on Empty

Audiobook by
Jonice Webb PhD,
Christine
Musello PsyD

**Loughall \u0026
Tartaraghan
Presbyterian
Church Service -
Sunday 6th**

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December 2020 Dr

~~Jonice Webb~~ How
to overcome
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Morton **Webinar:**

**5 Keys to Unlock
Storytelling in
Your eLearning**

Dr. Jonice Webb

Interviewed

About Running on

Empty \u0026

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Neglect on The
Literati Scene
How To Keep Your
Tank Filled Up
Instead of
Running On Empty
with Rick Warren

BOOK REVIEW:

RUNNING ON EMPTY

Running on Empty

Overcome Your

Childhood

Emotional

Page 11/104

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Neglect Running
On Empty
Overcome Your
Overcome Your
Childhood
Running on Empty
is the first
self-help book
about Emotional
Neglect: an
invisible force
from your
childhood which
you can't see,
but may be
affecting you

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profoundly to
this day. It is
about what
didn't happen in
your childhood,
what wasn't
said, and what
cannot be
remembered. Do
you sometimes
feel as if
you're just
going through
the motions in

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Neglect. by.
Jonice Webb
(Goodreads

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Author) ,

Christine

Musello

(Contributor)

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ratings · 291

reviews. Running

on Empty is the

first self-help

book about

Emotional

Neglect: an

invisible force

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Neglect

from your
childhood which
you can't see,
but may be
affecting you
profoundly to
this day.

Running on
Empty: Overcome
Your Childhood
Emotional ...
In 2012, I wrote
a book called:

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Running on
Empty: Overcome
Your Childhood
Emotional

Neglect. It was
the first book
written about
Emotional

Neglect. In it,
I talk about:
Twelve types of
parents who
inadvertently
emotionally

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Empty: Overcome Your Childhood Emotional Neglect

neglect their children. Ten issues that emotionally neglected children struggle with as adults.

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Your Childhood
Emotional ...

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from your
childhood which
you can't see,
but may be
affecting you
profoundly to
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about what
didn't happen in
your childhood,
what wasn't
said, and what
cannot be
remembered.

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Neglect:

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Authors: Jonice
Webb, Christine
Musello:
Publisher:
Morgan James
Publishing,
2012: ISBN:
1614482438,
9781614482437:
Length: 250
pages:...

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Empty: Overcome
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Your Childhood
Emotional . . .
Overcome Your
Running on Empty
Childhood
will introduce
Emotional
you to the
Neglect
consequences of
what didn't
happen: an
invisible force
that may be at
work in your
life. I will
help you
determine

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whether you've
been affected by
this invisible
force and, if
so, how to
overcome it.

—Many fine, high-
functioning,
capable people
secretly feel
unfulfilled or
disconnected.

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Empty: Overcome
Your Childhood
Emotional
Neglect

She is a
recognized
psychologist
expert with over
25 years of
experience, and
the author of
the best-selling
books Running on
Empty: Overcome

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Emotional
Overcome Your
Neglect and
Childhood
Running On Empty
No More:
Emotional
Transform Your
Neglect
Relationships
With Your
Partner, Your
Parents & Your
Children. More
about Dr. Jonice
Webb...

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Dr. Jonice Webb
| Your resource
for relationship
and ...

Running on Empty
is the first
self-help book
about Emotional
Neglect: an
invisible force
from your
childhood which
you can't see,
but may be

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affecting you
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this day. It is
about what
didn't happen in
your childhood,
what wasn't
said, and what
cannot be
remembered. Do
you sometimes
feel as if
you're just
going through

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the motions in
life?

Overcome Your

Childhood

Empty: Overcome

Your Childhood

Emotional ...

Since the

publication of

Running on

Empty: Overcome

Your Childhood

Emotional

Neglect, many

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thousands of
people have
learned that
invisible
Childhood
Emotional
Neglect,
or CEN,
has been
weighing on...

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Emotional ...

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childhood which
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but may be
affecting you
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about what

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your childhood,
what wasn't
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cannot be
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you sometimes
feel as if
you're just
going through
the motions

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: Overcome Your
Page 35/104

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Childhood

Emotional . . .

A large segment
of the

population

struggles with
feelings of

being detached
from themselves
and their loved
ones. They feel
flawed, and
blame
themselves.

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Running on Empty
will help them
realize that
they're
suffering not
because of
something that
happened to them
in childhood,
but because of
something that
didn't happen.

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is the first
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Empty: Overcome Your Childhood Emotional Neglect

profoundly to
this day. It is
about what
didn't happen
in your
childhood, what
wasn't said,
and what cannot
be remembered.

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Empty: Overcome

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Emotional ...

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Empty 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

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Overview.

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going through
the motions in
life?

Neglect

Running on Empty
by Jonice Webb,
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Story. 4.5 out
of 5 stars 86.

Since the
publication of

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Neglect, many
thousands of
people have
learned that
invisible
Childhood
Emotional
Neglect, or CEN,
has been
weighing on them

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Empty
their entire
lives, and are
now in the
process of
recovery.

Neglect

Running on Empty
by Jonice Webb
PhD, Christine
Musello ...

Running on Empty
will give you
clear strategies
for how to heal,

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Empty 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.

Morgan James

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Publishing,

9781614482420,

250pp.

Publication

Date: October 1,

2012

A large segment
of the
population
struggles with
feelings of

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Empty detached
from themselves
and their loved
ones. They feel
flawed, and
blame
themselves.

Running on Empty
will help them
realize that
they're
suffering not
because of
something that

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happened to them
in childhood,
but because of
something that
didn't happen.
It's the white
space in their
family picture,
the background
rather than the
foreground. This
will be the
first self-help
book to bring

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this invisible
force to light,
educate people
about it, and
teach them how
to overcome it.

“Opens doors to
richer, more
connected
relationships by
naming the
elephant in the
room ‘Childhood

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Emotional
Neglect.””
Overcome Your
(Harville
Childhood
Hendrix, PhD &
Emotional
Helen Lakelly
Neglect
Hunt, PhD,
authors of the
New York Times
bestseller
Getting the Love
You Want). Since
the publication
of Running on
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Neglect, or CEN,
has been
weighing on them
their entire
lives, and are

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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

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Empty 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

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Empty 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

Page 55/104

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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

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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?*

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Feeling burned
out?
Unfulfilled?
Drained? Jill
Briscoe offers
hope and comfort
for those times
in life when we
feel empty and
tired. With wit
and candor,
Briscoe draws
lessons from
several biblical

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figures that
provide
spiritual
refreshment and
renewal to those
who are running
on empty.

A boy shoulders
great
responsibility
for his
differently
abled parents in

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this touching middle-grade story. CJ is a runner--and when he's running, he's fast, free, and flying. It was Grandad who taught him to run, and who did a lot more, besides. Grandad always made sure things were in

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Empty around
CJ's house,
because his
parents could
not. CJ's
parents are
different, and
because they do
not have the
tools to cope
with certain
elements of
everyday life,
it was Grandad

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who reviewed the water bill, saw to it that the electricity meter had funds, and kept everything else shipshape. But now, with Grandad's sudden passing and Aunt Joan about to have a baby, CJ knows it's up to

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him to make sure Mum and Dad are okay and to keep the household going. It would be a hard job for any adult, but for a kid who's also starting middle-school and trying to impress the gruff track

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coach. . . is

staying afloat

even possible?

Through its

heartwarming and

believable

characters,

Running on Empty

sensitively

explores the

dynamics of a

loving family

finding its way

forward, and the

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unexpected
helping hands
that pitch in
along the way. A
Bank Street Best
Children's Book
of the Year

117 marathons,
52 days, 32
pairs of shoes,
57 years old: A
fascinating
glimpse inside

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the mind of an ultramarathon runner and the inspirational saga of his phenomenal journey running across America. The ultimate endurance athlete, Marshall Ulrich has run more than 100 foot

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races averaging
over 100 miles
each, completed
12 expedition-
length adventure
races, and
ascended the
Seven Summits -
including Mount
Everest - all on
his first
attempt. Yet his
run from
California to

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New York- the equivalent of running two marathons and a 10K every day for nearly two months straight - proved to be his most challenging effort yet. Featured in the recent documentary

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film, Running America, Ulrich clocked the 3rd fastest transcontinental crossing to date and set new records in multiple divisions. In Running on Empty, he shares the gritty backstory,

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including brushes with death, run-ins with the police, and the excruciating punishments he endured at the mercy of his maxed-out body. Ulrich also reached back nearly 30 years to when the

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death of the
woman he loved
drove him to
begin running -
and his dawning
realization that
he felt truly
alive only when
pushed to the
limits. Filled
with mind-
blowing stories
from the road
and his

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sensational
career, Ulrich's
memoir imbues an
incredible read
with a universal
message for
athletes and
nonathletes
alike: face the
toughest
challenges,
overcome
debilitating
setbacks, and

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find deep
fulfillment in
something
greater than
achievement
Watch a Video

Learn to live
with God instead
of for God. In
this candid and
achingly
authentic book,
Fil Anderson

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shares the healing insights that restored his spiritual compass and guided him back to God--the God who specializes in filling empty souls. Fil Anderson had accomplished more for God than most of his

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contemporaries,
but his worn-out
body housed an
empty soul. His
frenetic pace of
ministry had
earned him just
one thing:
greater pressure
to do even more.
He had fallen
for the soul-
killing lie that
doing more for

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God would give
his life
meaning. Then
the godly
admonition of a
spiritual
director set
this burned-out
believer on a
life-saving
spiritual path.
Sometimes the
only way to get
a new life is by

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running your old
one completely
into the ground.
This powerful
story of a
reawakened soul
can be the story
of every person
who has pursued
spiritual
productivity
over intimacy
with God and
come up empty.

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Empty
Overcome Your
Childhood
Emotional
Neglect

It's the story of reclaiming your soul and finding a home in the center of God's relentless love. It's the journey from self-importance to God-importance. "To the harried and the unharried, I pray that this

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Empty
book will
minister to your
heart in the
profound way
that it has
blessed mine.”

—Brennan Manning

Was your mother
too busy, too
tired, or too
checked-out to
provide you with
the nurturing

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you needed as a
child? Men and
women who were
“undermothered”

as children
often struggle
with intimate
relationships,
in part because
of their unmet
need for
maternal care.

The Emotionally
Absent Mother

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Empty will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the "mother gap" by: Examining the past with compassion for yourself and your mother

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Empty Finding the
child inside of
you and learning
to mother

Emotional Opening
to the archetype
Neglect of the Good

Mother Allowing
friends and
loved ones to
provide support,
guidance, and
other elements
of good

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mothering that
you missed
Through
reflections,
exercises, and
clear
explanations,
psychotherapist
Jasmin Lee Cori
helps adult sons
and daughters
heal the wounds
left by mothers
who failed to

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provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today’s undermothered

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adults to
cultivate the
mothering they
missed, she
helps them
secure a happier
future—for
themselves and
their children.

Ryan Wilson is a
talented,
bisexual chef
with a troubled

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past. When Ryan was eleven years old, he made himself a

promise: "I will never be like my father." After

his mother's untimely death,

Ryan had to learn to take care of himself - and his baby brother - while

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Neglect

their father
retreated into
an absent,
alcoholic
stupor. But as
Ryan grew up,
struggling with
the increasing
burdens of an
ambitious
brother, an
addict father,
and his own
burgeoning,

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closeted
sexuality, he
found that that
promise grew
increasingly
hard to keep,
falling prey to
his own
addictive, self-
sabotaging
habits. In the
shadow of his
30th birthday,
at the bottom of

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a destructive
tailspin, Ryan
stumbles across
an idyllic
lakeside town in
the mountains of
Colorado. With
no one to lean
on and nowhere
else to call
home, Ryan
decides to stay.
He finds a job
in the kitchen

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of the only
restaurant in
town, and there
he meets Lee, a
closed off,
mysterious man
with a haunted
past of his own.
And as Ryan
settles into his
new home, and
begins to build
real friendships
and

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Empty Relationships
for the first
time in his
life, he learns
that sometimes
the only thing
that can help
you overcome the
demons of your
past is
love...of
friends, of
family, of
lovers...and of

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ourselves.
Overcome Your
You Are Not
Childhood
Fueled by
Emotional
Neglect
Coffee, Sleep,
or Approval As
women, ministry
pushes us to
moments of
insufficiency,
exposes our
weaknesses, and
tests our
patience. Some

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days it feels
like a little
more sleep, a
lot more coffee,
and a pat on the
back might
sustain us. But
down deep, we
know these
things can never
fuel our
ministries.
Positive without
being cliché,

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Running on Empty
presents the
realities of
vocational
ministry with
humor and hope.
Author Barbara
Bancroft draws
from her
experience as a
missionary woman
and pastor's
wife to
demonstrate how

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the gospel must be our message to ourselves as well as others. Along the way, she confronts the “mythic ministry model of Proverbs 31” and other stereotypes and expectations that hinder women from

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Empty and
displaying the
gospel each day.
Running on
Empty's down-to-
earth, humorous
writing style
reaches out to
weary women
reluctant to
read another
book on
ministry.

Offering more

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than crisis
management tips
or how-tos,
Running on Empty
reorients
women's hearts
and minds to the
joy of belonging
to Christ and
being a part of
his kingdom
work. Ideal for
small group
discussion or

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personal
reflection,
Running on Empty
stretches beyond
burnout
prevention
strategies all
the way to joy
and purpose in
ministry.

I feel numb. Kay
Gackle has heard
these words for

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years as a therapist. Then one day, Kay found she was saying these exact same words. The phrase feeling numb is a bit ironic. Is it a feeling if we "feel" nothing? Being numb can be considered a

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feeling the same as white is considered a color. The color white appears because it absorbs no color. White is literally the absence of color. In the same way, numb is the absence of feeling. The

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Empty white can
be seen when it
is against a
background of
other colors.

Likewise, we
recognize being
numb against the
knowledge of
where other
feelings would
typically exist.
We know that we
would naturally

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feel in a certain way, but we just don't feel anything.

In this book, we identify what being numb looks like in everyday life, how we get numb, and the problems and symptoms surrounding it.

Not stopping

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there, we will
journey together
into a deeper
understanding of
feelings and
begin to let
ourselves feel
again. Through
other's stories,
engaging
questions, and
practical tools,
we can find
healing and move

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numb.
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