

I Believe

The fuel of life is feeling. If we are not filled up in childhood, we must fill ourselves as adults. Otherwise, we will find ourselves running on empty.

About Jonice Webb, PhD



Hi, I'm Dr. Jonice Webb. I'm a licensed psychologist, and author of the popular bestseller *Running on Empty: Overcome Your Childhood Emotional Neglect*.

My brand new book, *Running on Empty No More: Transform Your Relationships With Your Partner, Your Parents and Your Children*, will be out Nov. 7, 2017.

I have been interviewed on NPR and multiple podcasts and radio shows across the United States and Canada about the topic of my book, and have been quoted as a psychologist expert in the Chicago Tribune. I currently have a private psychotherapy practice in the Boston area.

I also created the first online program dedicated to helping people recover from their Childhood Emotional Neglect. It's called **Fuel Up For Life**.

To learn more about Childhood Emotional Neglect, and to find out if it may be affecting you, I invite you to visit my website, EmotionalNeglect.com and [Take the Emotional Neglect Questionnaire](#).