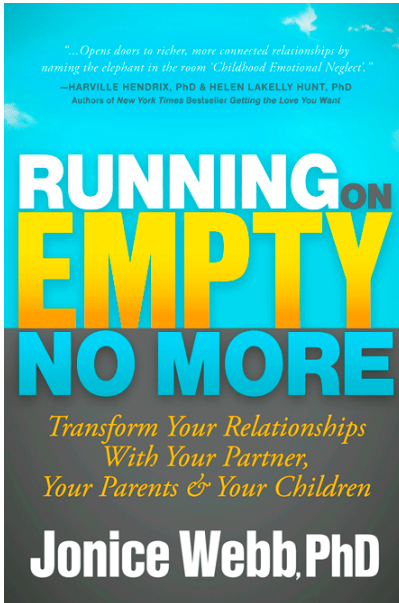


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****FOR IMMEDIATE RELEASE****

Decoding Childhood Emotional Neglect Can Improve Relationships

NEW YORK—Month XX, 2017—Morgan James' new release, *Running on Empty No More: Transform Your Relationships with Your Partner, Your Parents, and Your Children* by Jonice Webb, helps readers to restore their relationships with the ones they love. It was written primarily for people who suffer from Childhood Emotional Neglect (CEN), which has negatively affected their personal relationships.



Running on Empty No More is the follow-up to Jonice Webb's other best-selling book, *Running on Empty: Overcome Your Childhood Emotional Neglect*. While her first book taught readers how to deal with CEN in their own lives, Webb's new book teaches them how to deal with the effects that their CEN has had on others. As an expert on the subject of CEN, Webb understands the toll that it can take on personal relationships, and through her new book, she wants to show people how to repair those broken relationships.

In *Running on Empty No More*, readers find many effective solutions for handling CEN. These solutions show people how to talk about this issue, and to be honest about the personal struggle they had with CEN. Also, these solutions show recovering CEN sufferers how to restore the relationships that were damaged while they lived under the burden of CEN. Whether these relationships were with children, parents, or partners, *Running on Empty No More* offers effective advice that can start the healing process and walk them through it, every step of the way.

If you would like more information about this topic, or to schedule an interview with Jonice Webb, please call Nickcole Watkins at 516.900.5674.

About the Author:

Dr. Jonice Webb has a PhD in psychology, which she has been practicing since 1991.

Realizing that there were no books written on the subject, Webb decided to use her experience in clinical psychology to write *Running on Empty*, to help people who suffer from the effects of Childhood Emotional Neglect. Her book became a bestseller, which led her to write the follow-up book, *Running on Empty No More*, which focuses on healing relationships that were affected by CEN.

Webb now specializes in dealing with Childhood Emotional Neglect, and has been interviewed about CEN on NPR and more than 30 different podcasts and radio shows. She also writes a blog for PsychCentral.com about Childhood Emotional Neglect, and created Fuel Up For Life, which is an online CEN Recovery Program. She now lives with her family in Massachusetts, where she runs a private psychotherapy practice.

More About This Title:

Running on Empty No More: Transform Your Relationships with Your Partner, Your Parents, and Your Children by Jonice Webb will be released by Morgan James Publishing on November 7, 2017. *Running on Empty No More*—ISBN 978-1683506737—has 240 pages and is being sold as a trade paperback for \$17.95

About Morgan James Publishing:

Morgan James publishes trade quality titles designed to educate, encourage, inspire, or entertain readers with current, consistent, relevant topics that are available everywhere books are sold. (www.MorganJamesPublishing.com)