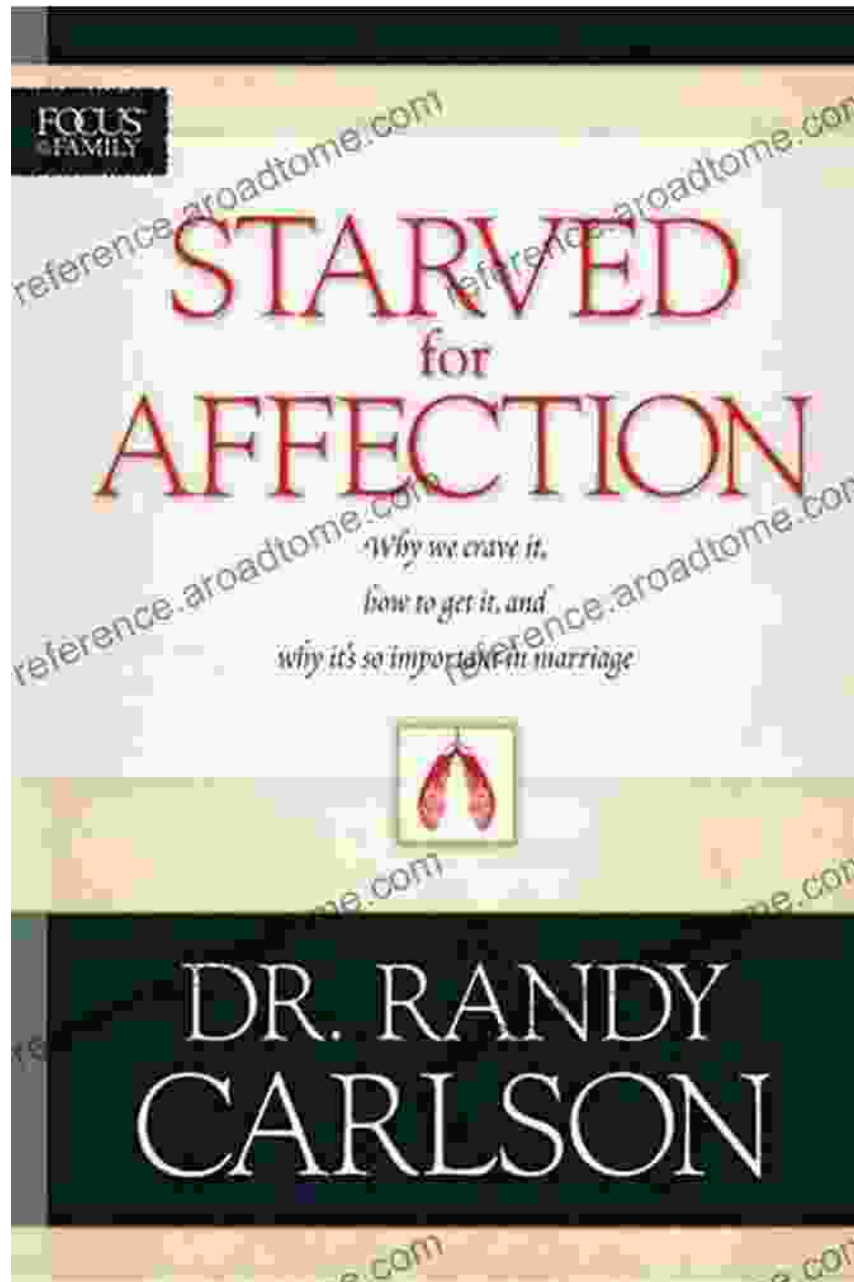


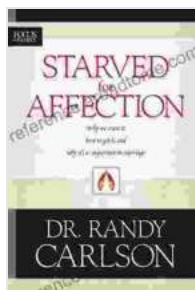
Starved for Affection: Recovering from Childhood Emotional Neglect

Are You Starved For Affection?



If you grew up in a home where your emotional needs were not met, you may be suffering from the effects of childhood emotional neglect (CEN).

CEN can lead to a variety of problems in adulthood, including:



Starved for Affection (Focus on the Family) by Randy Carlson

★★★★☆ 4.5 out of 5

Language : English
File size : 2174 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 285 pages



* Difficulty forming and maintaining close relationships * Low self-esteem *
Feeling like you're not good enough * Perfectionism * People-pleasing *
Codependency * Addiction * Depression * Anxiety * Eating disFree
Downloads

If you think you may be suffering from CEN, there is hope. In her book, *Starved for Affection*, Dr. Susan Forward provides a practical guide to recovering from the effects of CEN.

What Is Childhood Emotional Neglect?

CEN is a type of child abuse that occurs when parents fail to meet their child's emotional needs. This can include:

* Not responding to their child's emotional cues * Dismissing or invalidating their child's feelings * Using harsh or critical language * Neglecting their child's physical needs * Withholding love and affection

CEN can have a devastating impact on a child's development. It can lead to feelings of loneliness, isolation, and worthlessness. Children who experience CEN may also develop difficulty trusting others and forming close relationships.

How To Recover From Childhood Emotional Neglect

If you think you may be suffering from CEN, there are a number of things you can do to recover. These include:

- * **Educating yourself about CEN.** The first step to recovery is to understand what CEN is and how it affects you. There are a number of books and articles available on CEN.
- * **Finding a therapist.** A therapist can help you to process the effects of CEN and develop coping mechanisms.
- * **Joining a support group.** Support groups can provide you with a safe and supportive environment in which to share your experiences and learn from others who have been through similar experiences.
- * **Practicing self-care.** Self-care is essential for anyone who is recovering from CEN. This includes taking care of your physical and emotional needs.
- * **Learning to trust yourself.** One of the most important things you can do to recover from CEN is to learn to trust yourself. This means believing in your own feelings and instincts.

Recovering from CEN is not easy, but it is possible. With the right help, you can overcome the effects of CEN and live a full and happy life.

Starved for Affection: A Powerful Tool for Healing

Dr. Forward's book, *Starved for Affection*, is a powerful tool for healing. The book provides a comprehensive overview of CEN and its effects. It also

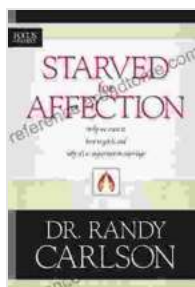
includes a number of exercises and worksheets that can help you to recover from CEN.

If you are struggling with the effects of CEN, I encourage you to read *Starved for Affection*. This book can help you to understand your experiences and develop the tools you need to heal.

Free Download Your Copy Today

Starved for Affection is available in bookstores and online. You can also Free Download your copy directly from the publisher by clicking here.

Don't wait another day to start healing from the effects of CEN. Free Download your copy of *Starved for Affection* today.



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