

Episode Resources:

[Childhood Emotional Neglect: A Hidden Epidemic](#) is Episode 12 Season 2 mentioned in the podcast and description as a recommended resource on the topic.

[Running on Empty: Overcome Your Childhood Emotional Neglect](#) by Jonice Webb is a recommended resource in the episode as a starting point for dealing with CEN.

[A.C.O.R.N Meditations for Dealing With Difficult Emotions](#) is mentioned as a resource in the episode for helping you work through CEN.

[If you want the A.C.O.R.N Meditations forever with no ads or internet, go here.](#)

[Attachment Styles](#) is a YouTube video I made. I mentioned it as a resource recommendation in the podcast that helps you understand abandonment trauma.

[Healing from Hidden Abuse](#) by Shannon Thomas is another life changing book recommended in the podcast that will help you draw out hidden forms of abuse.

[Jonice Webb's website](#) provides a lot of great tools and resources on CEN.

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