

## **Emotionally Unavailable Father: Does he love you?** And does it matter?

Alyson Jodene



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You look around the house and everything seems foreign. Without love, it feels like you are on somebody else's turf. Like you are just a visitor eventually your time will come to leave.

At least that's what it felt like for me. I felt like I was continually a broken version of whatever I was supposed to be. I couldn't figure out if it was my looks, or my school grades, or maybe because I didn't play sports like my brothers. I looked for an answer everywhere to try and explain why Dad just didn't do anything with me.

I'm writing this now to you, regardless of whether you are a man or a woman, to tell you that you no longer need to let somebody that is emotionally unavailable continue to control your own emotional wellbeing. There is a way. It wasn't easy for me, but I certainly poured many hours, and a lot of money out to counselors, as I tried to make my way through the source of why I was having so many personal problems.

I am happy to say that I have never been filled with so much light and levity as I am now. My days are filled with joy, abundance, and contentment. Sure, there are still times that I start to begin to wallow in my druthers. But that's exactly when I remember to follow my own advice. In this book, I will walk you through it.

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