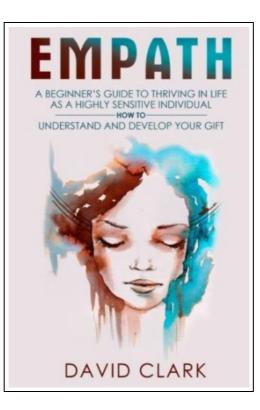
Empath: A Beginner s Guide to Thriving in Life as a Highly Sensitive Individual-How to Understand and Develop Your Gift (Paperback)



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EMPATH: A BEGINNER S GUIDE TO THRIVING IN LIFE AS A HIGHLY SENSITIVE INDIVIDUAL-HOW TO UNDERSTAND AND DEVELOP YOUR GIFT (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you ever wondered how you can turn your sensitive personality into a valuable gift?Have you struggled with soaking up the emotions of other people to your own detriment? In Empath: A Beginner s Guide to Thriving in life as a Super Sensitive-How to Understand and Develop your Gift, you will learn: Theories about Empaths: Are empaths just overly sensitive? Are they psychic? What creates the empath personality? Chapters one and two will explore all of these concepts in detail so you can get a better grip on who you are, where you came from, and which direction you re heading.Signs of being an Empath: Are you on the fence about whether you re an empath, but believe you might be? Chapter three will give you some of the signals and signs of this personality type, so you can know exactly which category you fit into. Once you understand this crucial fact about yourself, you can work on living fully and authentically.Challenges and Solutions: It s no secret that being an empath is challenging, but what are some of the more common struggles that arise for empaths, and how can they be handled in a positive way? Throughout this book, you will learn much about this.Clearing Negativity: Everything from negative people to a stressful event can turn your mood the other direction at the drop of a hat. This makes techniques for clearing negativity absolutely essential for the empath. This guide will give you invaluable tips for doing just that. You will also learn about the chakra system and how it relates to your empath abilities, tips for managing your emotions, and controlling your empathetic abilities. With this information, you can...

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