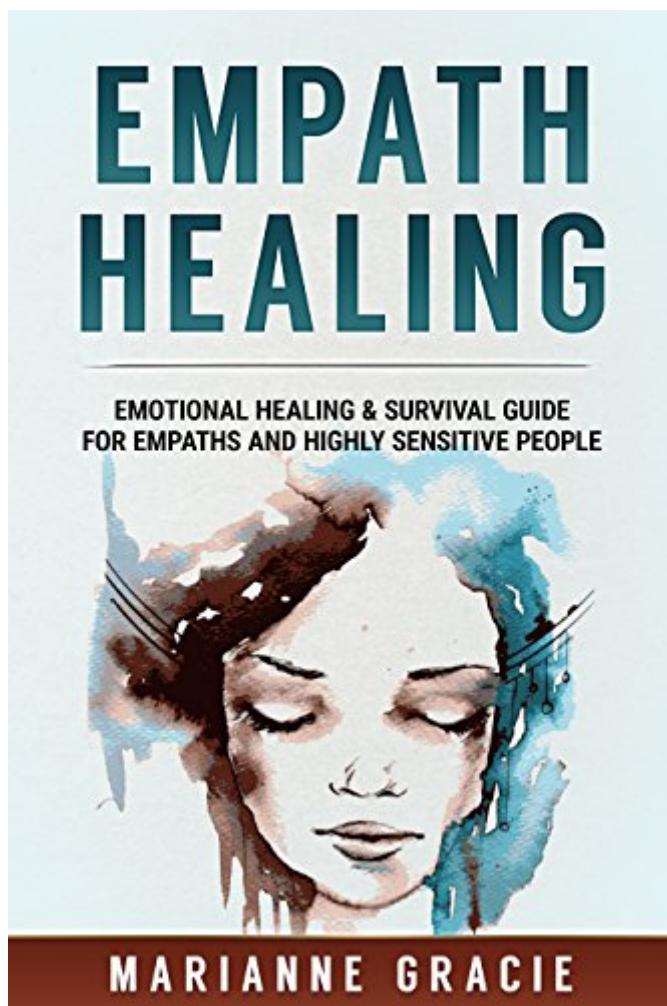


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# Empath Healing: Emotional Healing & Survival Guide For Empaths And Highly Sensitive People



## **Synopsis**

A COMPLETE EMOTIONAL HEALING GUIDE FOR EMPATHS AND HIGHLY SENSITIVE PEOPLE

Do you often feel drained when spending time in public or with others? Do you somehow feel different from other people? Or do you get overly anxious for no apparent reason? These are just some of the symptoms that Empaths and Highly Sensitive People are prone to feeling everyday of their lives. Living life as an Empath in modern society can be a real struggle for sensitive people. The constant bombardment of external stimulus and energy often leaves them feeling worn out. For these reasons, they can often become outcasts and loners as the over stimulation becomes too much. Discovering you're an Empath is usually followed by an 'A-ha' moment where everything finally seems to click into place and begins to make sense. This is the first step to harnessing the true gift which has been given to you. Thankfully, more and more people are beginning to recognize these traits, therefore more information is becoming available to help people like us to function better. Empaths have often lead challenging lives up to this point and any wounds must be healed first before they can move forward. This book therefore focuses on the emotional healing which Empaths require to help them build up the inner strength to go out into the world as their best selves. The rest of the book offers survival guide tips about how to best recharge and protect yourself through setting healthy emotional and energetic boundaries to stop others from infiltrating your space. All of the advice, is given in easy to follow steps, for both newly found Empaths and those who already know about their inherent trait. The powerful message in this book will help you realize that this attribute is not something negative but is in fact a magical gift. Pick up a copy today and start to reclaim your birthright!

## **Book Information**

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## Customer Reviews

Having understood that an Empath is someone with the strong ability to feel the thoughts, emotions and energy of others, and the ability to sense, connect and understand on a soulful level with the Spirit of another individual on Earth, this book clearly demonstrate how one can acquire the trait and become a much better person in life. The book also thought me how to acquire inner strength and be more focused in life. This book is a must read Â¢Â“ recommended.

This is a great box set on Empath Healing. All of the things, tips and guides that I need to know about how to best recharge and protect myself through setting healthy emotional and energetic boundaries to stop others from infiltrating my space are already included and well written inside. Marianne Gracie has done an incredible awesome job in compiling and creating this book. This book is really a great resource for those who want to learn more about Emotional Healing & Survival Guide for Empaths and Highly Sensitive People. The book is worthy of attention! I highly recommend this book to all.

Last 4 days ago I got this book and I'm really impressed with the amount of tips that this guide book has. More time I am frustrated about my future for that my friend suggests me the book. In this book the information is organized in a logical way thatÂ¢Â™s easy to access, read and understand. It is indeed a good read and I highly recommend this book to everyone.

First of all the book cover looks amazing!!!! Â¢Â• Honestly, it looks so pretty! The book content is everything I needed to read, I've been told that I'm a little bit more of a sensitive person and I'm pretty to sure I have social anxiety and this book is helpful to me as it helps me manage this traits that I have. Â¢Â• What I really love about this book is that it's so 'caring' and it didn't made

me feel bad about this traits I have but in fact made me confident that I can turn this trait into something positive that will surely make a good impact on my daily life!

Great book!

So much helpful information in a relatively short read. I read the whole book in one afternoon. There are many helpful techniques explained clearly on how to manage and celebrate a sensitive nature. For those who have spent their life, being told "you're too sensitive", this book is a blessed relief. The authors expressed intention, is for the reader to be able to appreciate and celebrate their gift.

Easy read. Great general information for anyone on their Empath journey: from people just figuring out this is what they are, to those who have known. Good reminders of basic things in life for an empath. Nice tricks and techniques for self protection. Weird grammar mistakes and sentence flow at times... But that is just editing.

This contains helpful information, but is in need of editing badly. The myriad errors break the reader's continuity.

This book is a stepping stone in not feeling alienated from the World. I have always had questions regarding various energy forces and my connection to them. This book brings light to those questions.

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Empath: 16 Simple Habits To Protect Yourself, Feel Better & Enjoy Life Even If You Are Highly Sensitive: Secrets To Thrive As An Empath (Survival & Healing ... Empaths & Highly Sensitive People (HSP)) Highly Sensitive Person: 2 Manuscripts - Empath & Emotional Healing -Empowering Empaths, Healing, Sensitive Emotions, Energy & Relationships,Coping with Emotional and Psychological Trauma Empath Healing: Emotional Healing & Survival Guide for Empaths and Highly Sensitive People EMPATHY: I Am An Empath. Empaths Survival Guide: For Empathic and Highly Sensitive People. Discover Your Empathy Traits! (The Art of Growth Book 3) Empath Highly Sensitive People's Guide: To Emotional Healing, Self Protection, Survival, And Embracing Your Gift: Mastering Your Emotions Through 5 Simple Steps Empath: Empath Personal and Spiritual Healing: Harnessing Your Gift for the Highly Sensitive Person Empath: How to Thrive in Life as a Highly Sensitive - Meditation Techniques to Clear Your Energy, Shield Your Body and Overcome Fears (Empath Series Book 2) Empath: How to Stop Worrying and Eliminate Negative Thinking as a

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