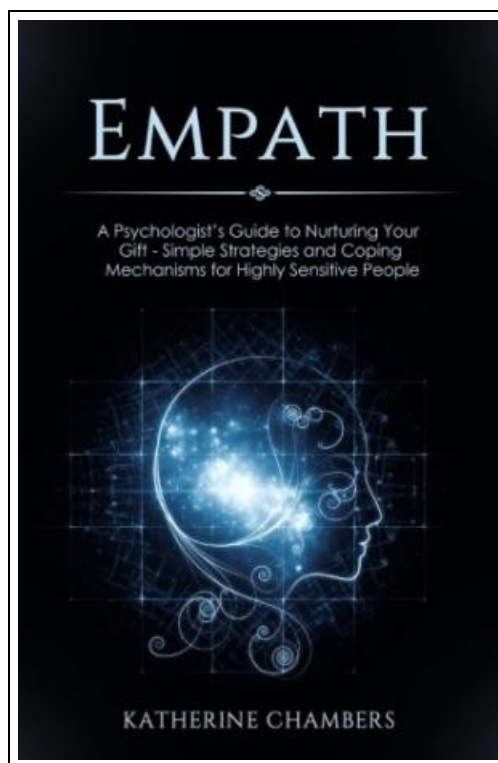


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Imagine how different your life would be if you truly knew how to harness the gifts of being a highly empathetic person. Almost every person will feel a deeper connection to those around them at some stage in their life, it s just a matter of how deep this will go. Whether it s understanding a friend or family member more closely or simply feeling more at one with nature. It s a gift well worth cultivating when it comes. However there is another level, one which may transcend the mere emotional connections we feel. An empath will often experience somewhat psychic tendencies which branch into the quantum and metaphysical realms. The jury may still be out regarding the validity of these claims, what isn t in doubt is the highly empathetic nature of these people. But most are not equipped with the right mental tools and techniques to defend against the inevitable negative energy they will absorb. The aim for this book is to demonstrate exactly that. How to not only survive, but thrive as an empath. Katherine Chambers is an Ex-Stanford Psychologist who specializes in all forms neuroscientific and psychotherapy subjects. In this insightful and functional book, Chambers gives readers a firsthand look into her research as well as a guide on how to: Spot the tendencies of a empath (know if you are one)Identify potentially manipulative behavior in othersUnderstand the implications of Energy Vampires and Narcissists in your lifeEsoteric Counter Measures to defend your psyche (grounding, smudging, mirrors, meditation etc)EFT Techniques to deal with stress and relieve pain. and much more. A Psychologist s guide to Empaths is a mixture of personality identification techniques, combined with practical strategies to...

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