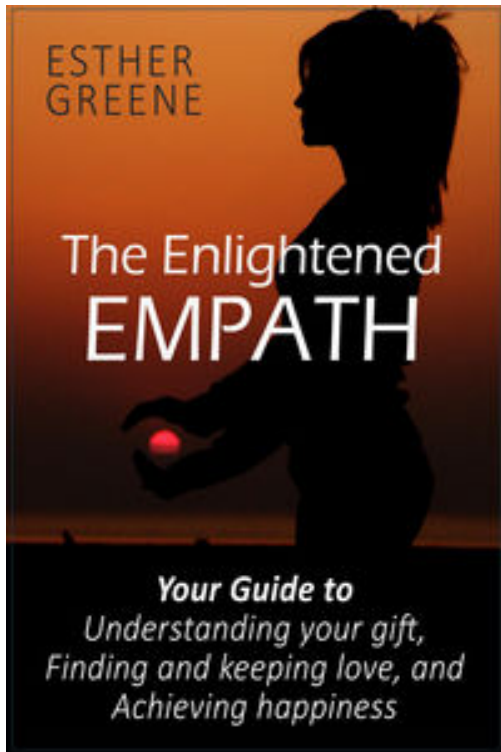


The Enlightened Empath: Your Guide To Understanding Your Gift, Finding And Keeping Love, And Achieving Happiness Download Online EBook Esther Greene Download Ebooks [EN] PDF, EPub, Mobi



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Empaths are people who are not only highly sensitive, but who also perceive the physical and emotional feelings of the people around them. Being an empath is both an incredible gift and a huge burden. It makes you a healer and helpful hand for others, but can cause you to neglect yourself, feel overwhelmed, and be more likely to be taken advantage of.

In this book, you'll find proven steps and strategies to harness the power of your special gift, but also control it. You'll also learn how to protect yourself from others, how to rejuvenate your body and spirit, and how to have healthy, balanced relationships.

Before you can really help others, you need to be able to take care of yourself. This book will help you do that.

Here's a preview of what you'll learn:

What it means to be an empath and how to know if you are one
The trial and challenges faced by empaths
The abilities that make empaths exceptional
The difference between being an empath and being empathetic
How empaths can care for themselves
Energy techniques for empaths
How empaths sabotage their relationships
How empaths can feel at ease in their relationships
And much more!

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