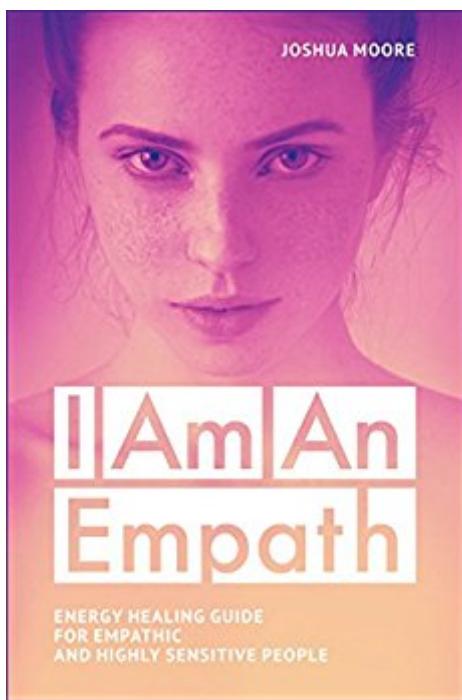


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EMPATHY: I Am An Empath. Empaths Survival Guide: For Empathic And Highly Sensitive People. Discover Your Empathy Traits! (The Art Of Growth Book 3)



Synopsis

I Am an Empath is an empathy guide on managing emotional anxiety, coping with being over emotional and using intuition to benefit from this sensitivity in your everyday life. The book addresses the problems highly sensitive people normally face. Through recognizing how to control emotions you have the potential to make the most of being in tune with your emotions and understanding the feelings of people around you. This book is different from others of its kind because it gathers information from various perspectives in order to provide a comprehensive look at empathy as a spectrum of experience; rather than a sensitive person personality trait that one simply has or does not have. I Am an Empath is for anyone in search of ways to turn emotional sensitivity into strength of intuition that is applicable in any setting. It will benefit empaths and sensitives who already find themselves to be empathically aware, as well as individuals looking to develop a more empathetic lifestyle. In this book, you will find information on:

- Empathy Traits of Empathic Individuals
- Empaths and Sensitives: Understanding Empathy, Having Empathic Tendencies, and Identifying as an Empath
- Personality Type as an Empathy Indicator
- Benefits and Challenges of Being Empathic
- Empathetic Self-Protection
- Stress and Anxiety Reduction Strategies: Energy Healing
- How to Balance Empathy Level of Sensitive People
- Developing an Empathic Practice
- How to Deal with Narcissistic Individuals
- If you're ready to unlock the possibilities of your empathic experience, learn to manage stress and anxiety, navigate personal relationships, and balance your emotional sensitivity, then purchase I Am an Empath. Begin your journey to a fulfilling life of awareness and support today!

Book Information

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> Two hours or more (65-100 pages) > Self-Help

Customer Reviews

This book is a must for those who suffer from empathy or communicate with over emotional people. It gives you a clear understanding of how to recognize empathy and simple instructions on how to challenge it.

This book really help me a lot. I suffered from empathy problem. After reading this book I got solution to control my empathy. It helps me to convert my empathical anxiety into strength. Thanks Joshua Moore for this spectacular book.

This is a wonderful guide to living a life more at ease when being an Empath. It's very valuable and impactful. This is an amazing book for all who are or think they may be an empath, or have an empath in their lives.

The authors are very informative and the books are written in such a way as the material is easy to read and comprehend. Read this book you get so much valuable insights and growth material. Everyone should read this book.

this book is good to read if you want to manage your emotional anxiety. if you think your very emotional and you have big problems in facing all your problem you should read this it can really help you. very informative you can have gather all the information you want to know about being an empath.

I would recommend this book for empaths and therapists. There is too little understanding of the nature of empaths and for too long we've been judged for being weak. However, our presence is the hope for this planet to reach its full potential thus we have tremendous value. I wish I could have learned this at a much younger age. This book has given me new appreciation for my gift.

I am a very emotional person and I did not think that I could use it to my BEST advantage. I am an Empath is a good way to develop my emphatic side. Very strategic book!

Left me wanting more information, but doesn't a good book do that?

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