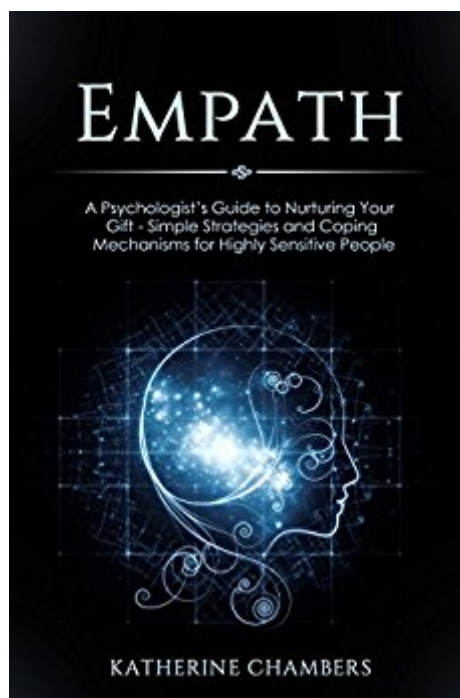




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# **Empath: A Psychologist's Guide To Nurturing Your Gift - Simple Strategies And Coping Mechanisms For Highly Sensitive People (Psychology Self-Help Book 7)**



## Synopsis

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 an empath (know if you are one)
- Identify potentially manipulative behavior in others
- Understand the implications of Energy Vampires and Narcissists in your life
- Esoteric 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 defend your psyche against potential harmful damage. The introspective emotional assessment tools along with the protective measures will help you ultimately lead a more harmonious life.

## Book Information

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## Customer Reviews

It's a great guide book about psychologist. I can learn many things from this book. It's a good idea about me to explain exactly who I am, and why I should even bother listening to me in the first place. I really like this book and suggest to all.

This was interesting but the book repeated itself, the author seems to have stalled after a point.

If you are an empath, with the ability to strongly sense, feel, and share in the emotions of others, you may have previously been called too sensitive, an over-feeler, emotionally unstable . This is a comprehensive manual in emotional and energetic wellness and management and an essential guide to anyone gifted with strong empathic ability. Emotions are energetic in their core nature and foundation. As an empath, you have the strong, natural ability to acutely sense energy in the form of emotion. Sensing energy is not only an intuitive gift, but it is also incredibly helpful in allowing you to perceive and interpret your environment accordingly. It's a psychic ability.

I rated this book what it deserves because the author feels what an empath felt almost all the time. Katherine gave an empathy the way how to loosen themselves and live a normal life. I found her advice for many things spot on and were actually things that I already do in my life. It was validating for me and a really helpful read.

All your nagging doubts, your confusion, your "it must be me" thoughts will be washed away by this book. It will become your go to book, the friend you so desperately need to tell you aren't crazy. It is a must. I cried tears of relief and joy reading this. Recovery is no walk in the park, but with this book you will have a friend to hold your hand every

step of the way. Thank you Katherine for saving my sanity and validating my heart.

I was really curious about empath people that is why i decided to grab this book. I want to find a way to enjoy life and understand my situation, why I am really liking this. 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 others Understand the implications of Energy Vampires.

Know the true power of empath that will help you to understand your close persons better and give your relation a meaning full understanding. This book will guide you through some practical knowledgeable experience from which you can nurture your gifted power and make it usable for your own good that will instantly bring something good for the persons around you too. It's not like that i am thinking myself as an great empath or something and want to increase my empathic power. I just want to know my self more better and i think this book is helping me and i can gain something more from this.

This book has a lot of information to read and tips to follow. If you want to find out more then give it a read. The book is well written and these tips and techniques are easy to understand. This book is insightful and functional, Chambers gives readers a firsthand look into her research as well as a guide.

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