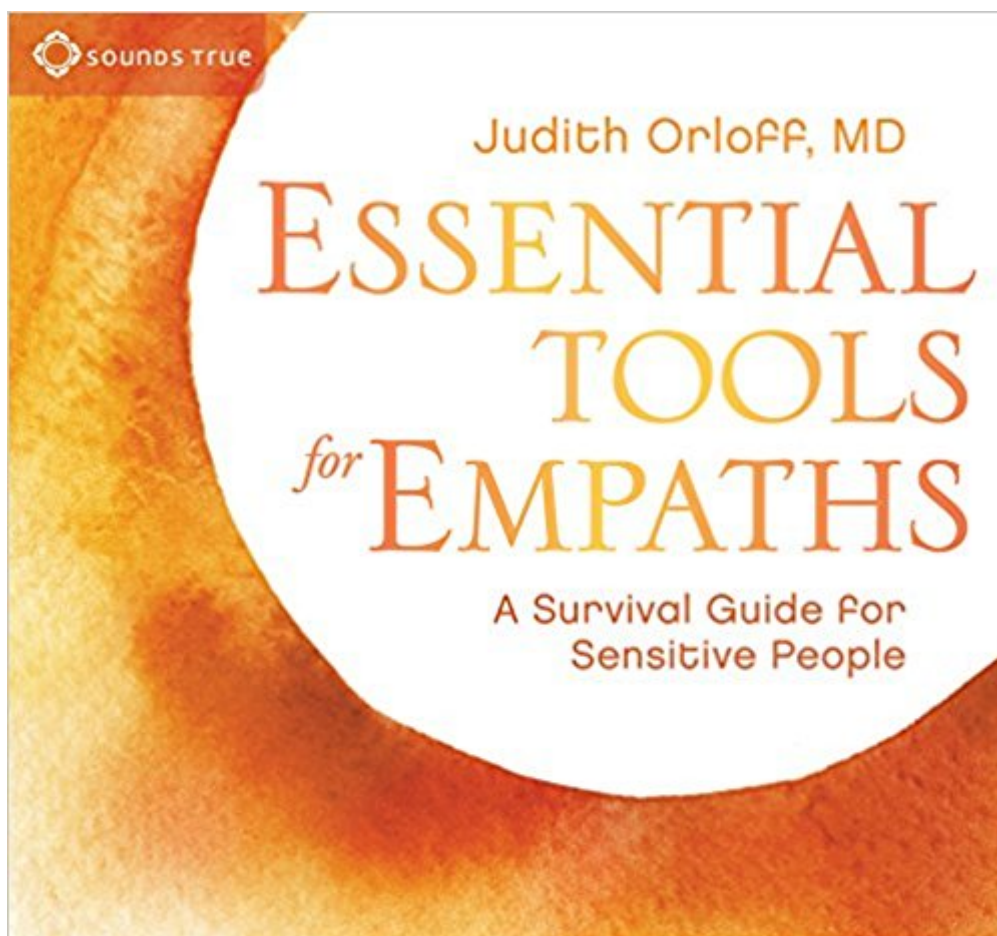


The book was found

Essential Tools For Empaths: A Survival Guide For Sensitive People



Synopsis

Practical Survival Skills for Sensitive and Empathic People

Are you an empath? If you've ever felt overwhelmed by noise and crowds, been put down for being too shy and introverted, or "caught" someone else's bad mood, chances are you're at least partially an empath. As an empath herself, Dr. Judith Orloff is uniquely versed in the challenges and opportunities facing people with extraordinary sensitivity. With *Essential Tools for Empaths*, she offers techniques, insights, and guided practices to help you overcome the most common pitfalls for empaths while helping you develop your exceptional gifts of perception, compassion, and creativity. In this practice-based companion to her book, *The Empath's Survival Guide*, she shows you how to:

- Discover what kind of empath you are
- and what your particular obstacles and opportunities will be
- Stop absorbing physical and emotional symptoms from those around you
- Manage the challenges of sensory overload, social overwhelm, and empathy fatigue
- Protect yourself from narcissists, control freaks, and other energy vampires
- Enhance your health, intuition, and spiritual life
- Recognize and overcome the addiction issues empaths often face
- Flourish in intimate relationships while maintaining healthy boundaries
- Help non-empaths understand your needs and special abilities of perception
- Find fulfilling work that supports your sensitivities
- Raise empathic children in a healthy, supportive way

"Empaths are pioneers of a new way of being for humankind," says Dr. Orloff. "We are in the midst of an evolution of human consciousness . . . and you are the path-forgers." Here she brings empaths an invaluable resource for learning to survive and thrive in an overwhelming culture so you can fully shine your power in the world.

Book Information

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Customer Reviews

Judith Orloff Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development. An assistant clinical professor of psychiatry at UCLA, her bestselling books include *Emotional Freedom*, *Positive Energy*, *Dr. Judith Orloff's Guide to Intuitive Healing*, and *Second Sight*. Find more inspiration at Dr. Orloff's website drjudithorloff.com.

Fantastic revelations of being an empath. Lots of Ah Ha moments and lots of very useful info. Carl Lsngill

The Essential Tools for Empaths is a gem! Dr. Orloff has created a valuable resource for all ~ empath or friend of an empath! This CD is filled with accessible information that helps the listener gain an understanding of what it means to live an empathic life. A sensitivity that can at times feel burdensome can truly be a blessing when paired with the exercises, guidelines, and deeper understanding given in this valuable resource. It is easy to follow; listening start to finish or random sections at a time. The Empath's Survival Guide truly provides a wealth of information and empowering tools to utilize in all aspects of life. This CD is a wonderful gift to yourself and to your friends!

Listening to this audio is my first 'meeting' with Judith Orloff, and I so wish it had happened sooner. I am finding myself described, understood, and supported in this work, which addresses issues which have been a challenge to me throughout my life. Many of the things that I have considered my own personal weaknesses or failings are being described in this audio as common characteristics for empaths. I will continue to listen to sections of this recording over and over as I learn to accept these traits and make room for them in my life. Thank you, Dr. Orloff!

I'm still reading this book. This is the first time in 70 years that I have felt normal and ok to be me. I no longer apologize for being sensitive.

This is the best information an empath can find to help make it through the challenges we face. Dr. Orloff first educates, helping to understand the many ways empaths are affected by our

surroundings, the many types of empaths, and the different methods we can utilize to help us survive each and every challenging moment. Every concern is addressed. I knew I was an empath, but after taking her assessments, I was able to better know how many characteristics of my daily life are attributed to being an empath. This is an excellent resource and after opening my eyes, I have to tools I badly needed. And they work! I bought this and her book "The Empath's Survival Guide" and I'm now recommended them to friends. The best part is that Dr. Orloff is, herself, an empath and she gives many personal references. She gets it! Thank you Dr. Orloff!

I am 54 years old and, honestly, never knew how much being an empath was impacting my life. With these tools, I am surviving well.

Good book, sounds like me. Helpful advice.

Great info dent tapes to a friend

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