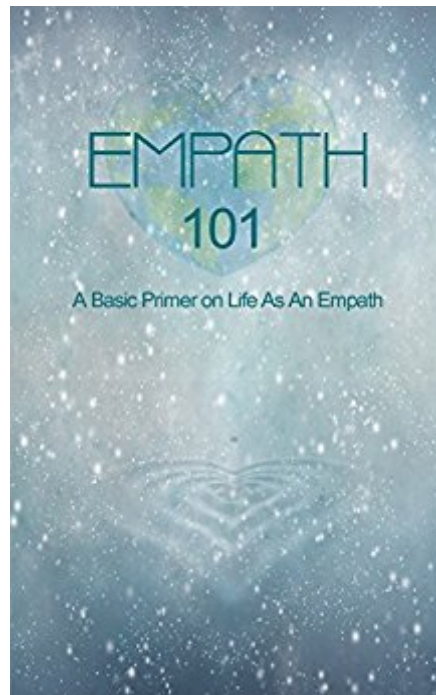




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# Empath 101: A Basic Primer On Life As An Empath



## Synopsis

A basic primer on life as an Empath. While no one book can completely cover everything an Empath needs to know, this guide tries to touch base on important topics and offer advice, explanations and guidelines. Topics include: What is an Empath? Are you an Empath? Empaths and Relationships Shielding and Grounding Crystals and Herbs Specifically for Empaths Needs

## Book Information

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## Customer Reviews

I have always been able to read people. I am usually spot on. I rarely read someone wrong. I was working as a mental health therapist & had a new client I had never met before. I called her into my office, she sat across from me, & I read her. I knew that her husband had passed away. I gave her my background & told her that I could tell that she was suffering. She asked if I read her chart, I replied no. I did not ask her if her husband passed away. She said my husband died Thursday & it was Tuesday. This has happened to me too many times to count. I also can climb into people's heads & feel how they are feeling or how they felt before, during, & after committing a crime. A close friend of mine was sent to prison after being set up. I was asked to testify on his behalf. I wanted to help him, but knew that I would feel everything he did. The day of, I was in bed at 8:15 am, & he

called at 8:20am to see if I was coming. I was going to hide in bed all weekend. I went, the proceedings had began. I testified, & he was sentenced. As soon as they cuffed him it began. I took on all of his emotions! Fear, shame, losing his family, confusion, sadness, on & on. We were ordered out of the courtroom & his wife hugged me, & I took all she was feeling as well. I was spent when I got home. I knew I had something but had no idea what. I always said I didn't know if it is a blessing or a curse. Now I can know.

This book provides great resources & discusses important topics without getting caught up in conjecture. It quite simply is Empath 101.

Just amazing and very informative. My girlfriend is an empath and it help me realize what her gift was all about because I had no clue. Now I use what I learned to understand what she goes through.

My daughter is in her 3rd year of psychology at University. She came home one day and told me she thought I was an Empath as well as herself. This book is the first one I've read on the subject. It is clear and concise. I now know why I'm a ball of emotions. I've begun to become aware of what I'm feeling and decider what's mine and what's not. I think this is a great introductory book. I recommend it.

Wonderful info. Lots of eye opening facts that made me put my phone down and mentally digest what I read. Insightful but I didn't want the book to end. A great short read. I learned a lot.

Lots of information. Going behave 2 re read to make sure I got all that. Love the Crystal n. Herb chapters

I bought 3 different books on Kendle as a beginner learning about my empath abilities and this is my favorite.

Enjoyed the book.

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