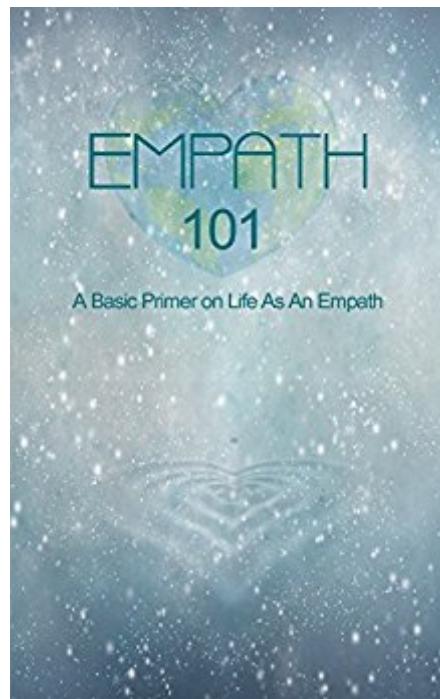


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# Empath 101: A Basic Primer On Life As An Empath



## **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 RelationshipsShielding and GroundingCrystals and Herbs Specifically for Empaths Needs

## **Book Information**

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## **Customer Reviews**

This book is exactly as described in the title - a primer. Besides the knowledge I've gained having learned through friends, the community, and online, I found this book fairly concise with loads of information. I wasn't overly impressed with the crystal section, however, I loved the herbs section.

NOTE: No reference was made but please be sure to do your research about which of the herbs are toxic to cats and/or dogs. I'm glad I purchased it. The price is fair.

This is very good. I really liked a lot of information and ideas in here. I did like the Self-Care for the Self-Aware book better than this one (I bought both at the same time.) This one is helpful but the other one was more helpful for my particular current needs. This one has a large section on herbs and crystals which I could see myself getting into at some point. But without pictures to identify what

the crystals look like I have to spend a lot of time and energy figuring out which are which (of the crystals I already randomly have.) Good book, though.

I found this book very enlightening and resourceful . It helped me get in tune with what has plagued me for years, and offered many helpful tips, suggestions and further resources. I especially liked the herbs specifically selected for Empaths. Good bedside book to refer to.

As someone who has always been overly sensitive to other's energy I found this book helpful as a guide. I am a healer and martial artist and have learned over the years to set boundaries so I can hold a loving space but not be overly drawn in to other's issues. I used to experience physical symptoms but have gotten better. Coming from a line of artists and healers I've found with age that the gift of healing is rare but important-unconditional love (my sweet husband has given me this gift the past 23 years and I'm learning!). But also clear and living boundaries with yourself. Life is a process and journey- and it's all about love.

Great guide on Empathy, and being an Empath. I don't think I am an empath, but I have known people that sound like they could have been. Certainly puts some things in my past in a new light. Also helps in understanding how to deal with them.

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 decide what's mine and what's not. I think this is a great introductory book. I recommend it.

Very good guide for understanding and honing your abilities for emotional the empath. But it would be a good read for anyone trying to understand themselves, our relationship with others, and the world.

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.

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