



# **The Empowered Empath: Owning, Embracing, and Managing Your Special Gifts (Empath Empowerment® Book)**

*Rose Rosetree*

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If you were born an empath, you weren't just born as a Highly Sensitive Person. Every empath is a highly, highly sensitive person.

This can be great, a huge advantage for success and relationships. BUT first, skills!

- Stop feeling like a victim or fearing energy vampires
- Start **knowing who you are** as a person
- Stop worrying about your mental and spiritual health
- **Start living** with more emotional mental health
- Stop putting others first
- Start **putting yourself first**, in a healthy and appropriate way
- Stop all that boundary work, which can't bring empaths true mental and spiritual healing
- Use clean, smart **techniques that protect you** automatically from energetic garbage (a.k.a. STUFF)
- Stop trying to clear and cleanse your energies
- Start living juicy, **naturally balanced** and free

Let your empath's aura shine! And without having to work hard, either.

### **\*What \*Makes \*This \*Empath \*Training \*Different?**

You learn:

- How to use the power of your mind to stay stable -- energetically, mentally, spiritually
- How to position your empath's consciousness appropriately, and without forcing
- Systematic training with the only trademarked system in America that was developed to help the most highly sensitive persons: empaths.

### **Sure \*You \*Can \*Learn \*This**

The system of Empath Empowerment® is uniquely effective to help empaths with their special sensitivity. And have fun in the process.

Get ready for a fast-moving book that brings you wonderful self-discoveries. Quizzes and Q&A sections make this a lively read. Find out:

1. Which of the 15 different empath gifts do you have?
2. How can you use your breath to prevent Imported STUFF?
3. And what is Imported STUFF, anyway?
4. Why your pain is not your gift. (Trust your empathic sensitivity.)
5. And why having an empath's aura does not necessarily mean that you feel other people's feelings.
6. How can you turn all your empath gifts OFF (and do this effortlessly and efficiently)?

7. What is unskilled empath merge?
8. Why can something so bad for you feel so good?
9. How to stop doing empath merges unless you are doing them on purpose.
10. What happens when you combine your special gifts as an empath with skill plus self-authority?

After you learn basic empath skills from this book, you can go on to learn Skilled Empath Merge -- the biggest fun you can have with your clothes on. Find that in the sequel to this book, "The Master Empath."

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Many people spending their moment by playing outside along with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to spend your whole day by looking at a book. Ugh, think reading a book can really hard because you have to bring the book everywhere? It fine you can have the e-book, having everywhere you want in your Cell phone. Like The Empowered Empath: Owing, Embracing, and Managing Your Special Gifts (Empath Empowerment® Book) which is having the e-book version. So , try out this book? Let's observe.

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