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If you are an empath or other highly sensitive person, this survival guide is absolutely priceless.

17 Survival Tips For Empaths And Highly Sensitive People

Empath Types and which ones you identify with most. Understanding your empath type can help you manage and interpret the energies that are affecting you. Go on to Worksheet 2 to complete the evaluation.

Welcome to the Empath Survival Kit!

The Empath's Survival Guide is an invaluable resource for empaths and anyone who wants to nurture their empathy and develop coping skills in our high-stimulus world while fully embracing their gifts of intuition, compassion, creativity, and spiritual connection.

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Judith Orloff, MD is the New York Times best-selling author of The Empath's Survival Guide: Life Strategies for Sensitive People. Dr. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA Psychiatric Clinical Faculty.

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