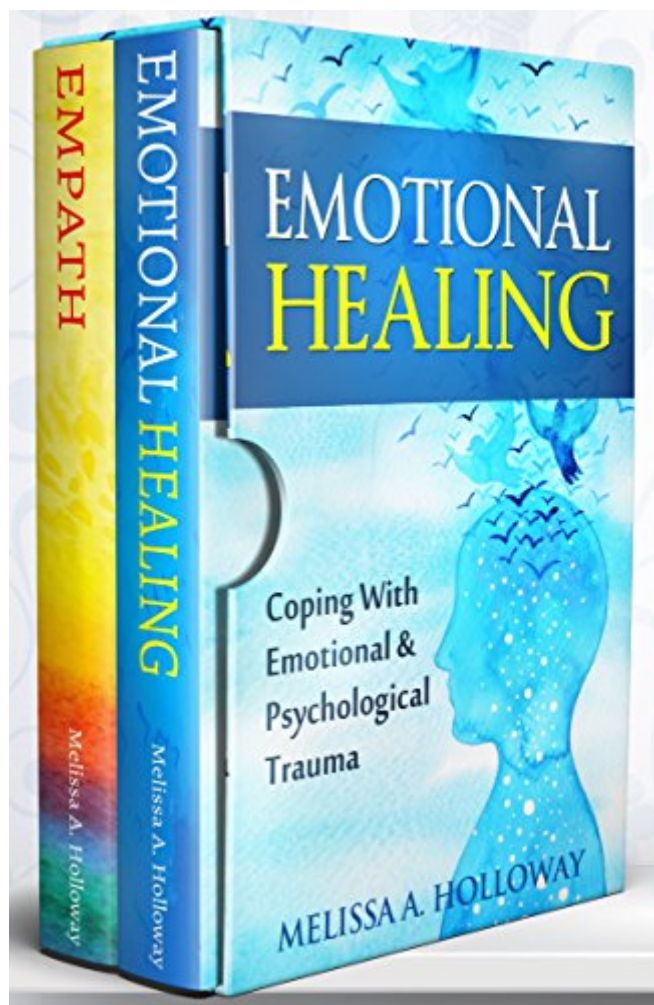


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# Highly Sensitive Person: 2 Manuscripts - Empath & Emotional Healing -Empowering Empaths, Healing, Sensitive Emotions, Energy & Relationships,Coping With Emotional And Psychological Trauma





## Synopsis

HIGHLY SENSITIVE PERSON - 2 MANUSCRIPTS - EMPATH & EMOTIONAL

HEALING & EMPATH Are you usually exhausted when interacting with others? Do you feel as if you do not fit in? Do you sense and know things that usually perplex other people? These are illustrations of what empaths encounter on a daily basis. & Whether you are struggling, experienced, or you wish to expand your understanding, this book will give you deep revelation and insight. You will discover how to channel positive energy, and how to improve your mental, physical, emotional, and spiritual health. Empath: Empowering empaths, healing, sensitive emotions, energy & relationships will embolden you to live a more meaningful, and balanced life. & You will learn how to: Embrace your gift and appreciate who you are Be more vigilant Set healthy boundaries in your personal life and at work Make peace with situations and your past Be in harmony with your environment Dispel negative energy Attract prosperity and more positive energy Emotional Healing - Coping With Emotional & Psychological Trauma If you are reading this book description, you are looking for ways to feel better about yourself in terms of healing from traumas that have happened during your lifetime. First of all, I send my condolences. There are many things that occur in our lives that no one deserves, and that can take a major toll on any mind and body. But it is time to look at the darkness that surrounds you with a bright light at the end of the tunnel! You have come across a great book that is filled with: Information about what emotional healing is How to re-preserve your positive thinking skills Coping through the ways of exercise How to use meditation and prayer techniques to your advantage How to find and love yourself again How to overcome obstacles in ways that bring you out on top How to regain the confidence you once had or may never have had How to make your inner and outer selves happy with one another As well as tips to help you in rediscovering a better you during your journey of emotional healing I hope the end of this book lands you in a better frame of mind, and that you can once again feel human: alive in a positive manner. &

## Book Information

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