



# Empathic Sensitivity: Powerful Tools for Coping and Thriving for People Who Feel

*Janice Carlin*

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## **Empathic Sensitivity: Powerful Tools for Coping and Thriving for People Who Feel** Janice Carlin

If you feel or experience more physical and/or emotional pain than other people, you may be an empath. In this book, you will discover how your ability to feel so much is a gift that you can use to your advantage to benefit yourself and to help others. Author and intuitive, Janice Carlin, a highly sensitive empath herself, will open your eyes to a new way of approaching yourself and your life as you discover:

- A deep, authentic meaning of what it is to be an empath.
- Powerful tools for healing and maintaining balance for yourself.
- How to use your empathic intuition.
- How to effectively clear toxic energies away from you.
- How to maintain your boundaries on multiple levels.
- Techniques for being grounded as an empath.
- The distinction between empathic and empathetic.
- How you can live with health and peace as an empath.
- How you can use your gifts to support and help your empathic children to thrive in the world.

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Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Empathic Sensitivity: Powerful Tools for Coping and Thriving for People Who Feel, you are able to enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

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