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Empath: Empath: How You Can Embrace Life as an Empath and Thrive in All Circumstances (Paperback)

By Ken Fisher

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The most important thing is that you are learning to cope with and accept who you are as a highly sensitive person. Do not turn to medications and treatments for your condition simply because of daily inconveniences you may encounter. No matter how much medical professionals love to go around with a prescription pad curing everything with a pill, some things are not curable. It is not even a disease in the first place. Remember, your sensitivity is a trait that makes you who you are. It gives you many gifts, and there is no reason to see it as something that actually needs medical treatment. However, highly sensitive people that have a lot of stress in their lives may find themselves in a crisis more than once. I have been there myself experiencing jittery movements, a racing heart, a sweaty face, shaky palms, chest pain, blurring vision, heavy and fast breathing; which almost make you feel as if you re going to die. This is a panic attack and for those especially who are sensitive to stress, it...

Reviews

Absolutely essential read through book. it was actually writtern quite properly and useful. Its been developed in an remarkably basic way and it is only following i finished reading through this ebook where really changed me, modify the way i believe.

-- **Torrey Jerde**

It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Modesto Mante**