



The Empathic Infj Workbook: Tools and Strategies for the Intuitive Clairsentient

By Jennifer Soldner

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The perfect companion to The Empathic INFJ: Awareness and Understanding for the Intuitive Clairsentient! Are you an empathic INFJ suffering through the inertia of each day wishing there was a way to find emotional consistency and confidence, longing to live a normal life? What if I told you that you could gain better control over your emotional state, freeing your life of constant fatigue and mental confusion? In this workbook, you will find: Quizzes to determine whether you are an empath as well as assess your level of abilities. Focused questions to reach a deeper awareness of who you are. Practical and effective tools and techniques to apply to everyday living. Exercises to establish and strengthen your personal boundaries. Space to keep inspirational thoughts, cheat sheets, notes and more!.

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