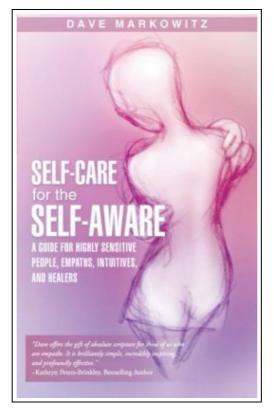
Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers (Paperback)



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Reviews

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

(Dr. Willis Walter)

SELF-CARE FOR THE SELF-AWARE: A GUIDE FOR HIGHLY SENSITIVE PEOPLE, EMPATHS, INTUITIVES, AND HEALERS (PAPERBACK)



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Balboa Press, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The needs of the self-aware are different. Many of us are overly empathic, and many are extra sensitive to certain foods, medicines, situations, and people. If you have physical or emotional ailments, are overweight, have allergies, or are inexplicably lethargic, unfocused, or feeling lost, there is a reason. Your energetic sensitivities likely have caused you to take on the pain, unhappiness, and other disease of the people around you. Self-Care for the Self-Aware provides a solution specifically tailored for you and your uncommon healing needs. If you ve done way too many traditional, alternative, or complementary healing modalities and at best have only achieved temporary relief, Self-Care for the Self-Aware is for you. You Il learn a process specific to the self-aware to heal ourselves, so we can better serve others.

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