



Essential Tools for Empaths: A Survival Guide for Sensitive People

Judith Orloff

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Are you an empath? If you've ever felt overwhelmed by noise and crowds, been put down for being too shy and introverted, or suffered "emotional hangovers" from someone else's bad mood, chances are you're at least partially an empath. With *Essential Tools for Empaths*, Dr. Judith Orloff presents a wealth of techniques, insights, and guided practices for addressing the challenges sensitive people face—while developing your unique qualities and strengths. In this audio companion to her new book *The Empath's Survival Guide*, she reveals how you can stop absorbing stress from others, protect yourself from narcissists and other energy vampires, enhance your health and intuition, find work that supports your sensitivities, and much more.

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