



# 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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