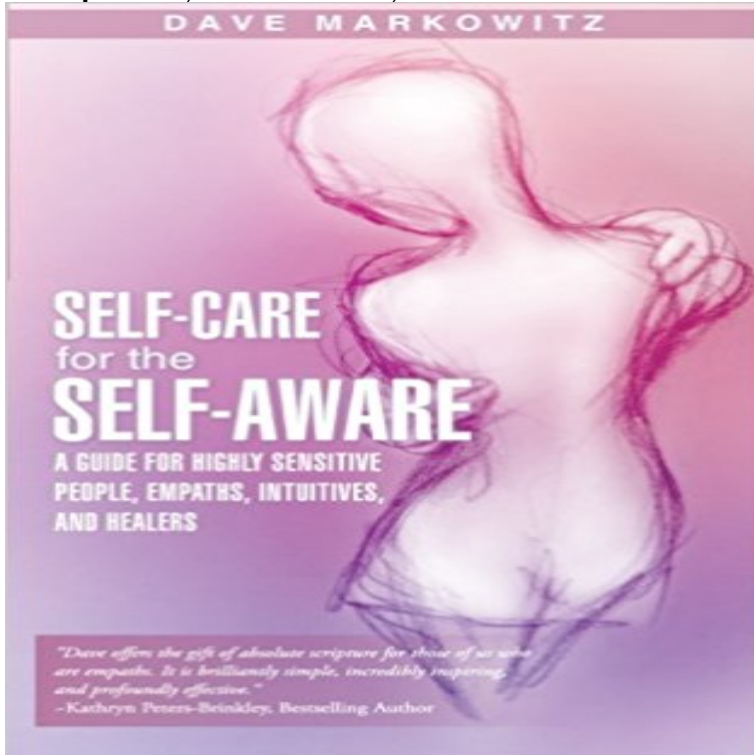


# Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers



Are you frustrated because you haven't yet healed? If your symptoms of physical, emotional, or energetic pains and illness keep reoccurring no matter what you've done, this book is for you! If you are overweight, or are inexplicably lethargic, unfocused, or feeling lost, there is a reason. If you are anxious, depressed, or have digestion/elimination difficulties, your energetic sensitivities likely have caused you to take on the pain, unhappiness, and other dis-ease of the people around you. Self-Care for the Self-Aware provides a solution specifically tailored for you and your uncommon healing needs. Many of us on the path of self-realization are overly empathic; therefore, we need special tools and updated techniques that teach us how to effectively protect ourselves from incoming energies, as well as a method to permanently release everything we've already absorbed. Learn how to use your intuitive gifts to self-heal and how to better use these gifts for the benefit of others! 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!

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