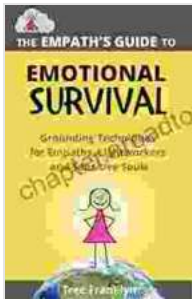


Grounding Techniques for Empaths, Lightworkers, and Sensitive Souls: A Guide to Managing Overwhelm and Finding Inner Peace

If you're an empath, lightworker, or sensitive soul, you know that the world can be a challenging place. You're constantly bombarded with information and emotions, and it can be hard to stay grounded and protected.



The Empath's Guide to Emotional Survival: Grounding Techniques for Empaths, Lightworkers and Sensitive Souls by Tree Franklyn

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2951 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 79 pages
Lending	: Enabled



That's where this book comes in.

Grounding Techniques for Empaths, Lightworkers, and Sensitive Souls is the ultimate guide to understanding and managing the challenges of being an empath, lightworker, or sensitive soul. This book offers practical and

effective techniques for grounding, shielding, and protecting your energy, as well as tools for self-care and self-discovery.

In this book, you'll learn:

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- The challenges and benefits of being an empath, lightworker, or sensitive soul
- How to ground yourself and protect your energy
- How to shield yourself from negative energy
- How to care for yourself as an empath, lightworker, or sensitive soul

This book is a must-read for anyone who is an empath, lightworker, or sensitive soul. It's full of practical advice and tools that will help you to manage the challenges of being an empath, lightworker, or sensitive soul, and to live a more balanced and fulfilling life.

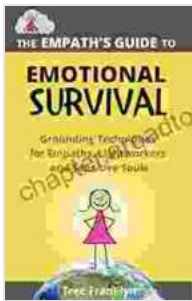
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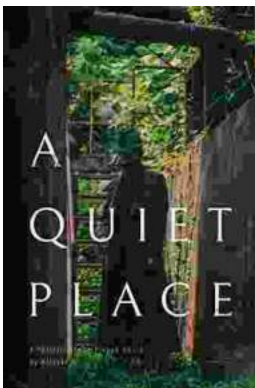
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