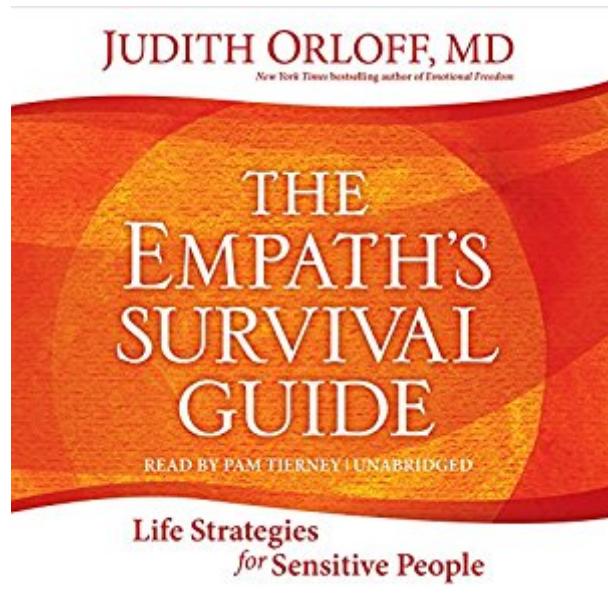


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# The Empath's Survival Guide: Life Strategies For Sensitive People



## Synopsis

What Is the Difference Between Having Empathy and Being an Empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff. "But for empaths, it goes much further. We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." The Empath's Survival Guide is an invaluable resource for empaths who want to develop coping skills in a high-stimulus world while embracing their gifts of intuition, compassion, creativity, and spiritual connection. In this unabridged recording of The Empath's Survival Guide read by Pam Tierney, Dr. Orloff shares practical, empowering, and loving advice for supporting empaths through their unique challenges-and for loved ones to better understand an empath's needs and gifts. Here listeners will discover crucial practices, including: Exercises to identify where you are on the empathy spectrum Tools for protecting yourself from sensory overload, exhaustion, addictions, and compassion fatigue Effective strategies to stop absorbing stress and physical symptoms from others and protect yourself from narcissists and other energy vampires How to find the right work that feeds you How to navigate intimate relationships without feeling overwhelmed Guidance for parenting empathic children Awakening the empath's gift of intuition and deepening your spiritual connection to all living beings For any sensitive person who's been told to "grow a thick skin," here is a guide for staying open while building resilience, exploring your singular gifts, and feeling welcomed by a world that desperately needs what you have to offer.

## Book Information

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## Customer Reviews

I have been a fan of Dr. Orloff's since I read "Second Sight" where I learned about being an Empath. From there, I discovered I was an HSP (Highly Sensitive Personality). I have always been told that I am too sensitive and that I need to grow a thicker skin. I had a friend that would become annoyed when I turned away from roadkill. She insisted that I send blessings. It was more than just the sight of the animal, but the fact I could feel everything in my body. As Dr. Orloff writes, "Empaths, however, take the experience of highly sensitive person further. We can sense subtle energy, which is called Shakti or Prana in Eastern healing traditions, and we absorb this energy into our own bodies. I have also been told, at times, I am a hypochondriac. Judith does a beautiful job of explaining why Empaths feel as we do. She gives mantras and activities to center and protect oneself throughout the book. I have read many books on Empaths, and Judith's book feels like a warm, reassuring hug. I agree with Dr. Orloff that empaths have diverse and beautifully nuanced sensitivities. "The Empath's Survival Guide" is a refreshing read on the subject of Empaths.

I just finished reading The Empath's Survival Guide, WONDERFUL, I am a professional animal communicator and love my work. When I do phone consultations I open to it and close after it is finished. But in life, every day, it isn't always so easy! Thank you for even more techniques and clarity in this journey!

If you follow Dr. Orloff (read her books, read her newsletters, watch her YouTube videos, attend events, etc.) a lot of the content of this book is review. Do I feel like I just wasted \$14 on this book and Audible version? Absolutely not! This book is filled with tools to add to your arsenal! (I love the idea of putting a meditation cushion in front of the refrigerator to serve as a reminder to stop and check-in with yourself.) This is a good primer on empathy, vampires, narcissists, addictive behavior, triggers, and more. This is one of her shorter books - less than 300 pages. Even though not as big as her other books, this book is chock-full of quizzes to gain insights into your behavior, great advice, and insights into other people. This book is a reference manual for those who are familiar with the subject of empathy and a good book for those new to this all.

It's amazing! After reading this I now understand several things about myself and my mother that we didn't get before. Sadly, as a child my doctors misdiagnosed me as rapid-cycling bipolar disorder and subjected me to several useless medications to "fix" it. I spent 30 years trying to stop feeling so overwhelmed and exhausted. Now that I've been using some of the meditation and other offered techniques, my "Over-Emotional issues" are no more. Turns out they weren't even my emotions. I

now live in a quiet area outside the city with few neighbors and do a lot better. Also, this explains my constant cravings to be alone in nature and why I seem to bond so deeply with my animal companions. They get sick when I do and are energetic when I am. It also explains why even though I like people and want to spend time with them, I get overwhelmed at loud, rambunctious events. Thank you Judith for your insights and advice. I can now live in relative peace.

As an author and teacher of mind-body training, Reiki, T'ai Chi, Qigong, and meditation, I am always on the lookout for insightful, practical books to share with my clients and students. A few years ago, I read Dr. Orloff's book "Emotional Freedom" and began recommending it to clients who found it tremendously helpful in working with difficult emotions and tapping into their emotional intelligence. With "The Empath's Survival Guide" Dr. Orloff has delivered again. In fact, I think her writing style and message have matured and refined, so that this might be her best book yet. For anyone who finds it challenging to be highly-sensitive and empathic, Dr. Orloff let's you know that it's O.K. You aren't weird and you're not alone. Your sensitivity is a powerful gift when you recognize it for what it is and hone your empathic skills. She also gives practical strategies for how to protect yourself from being overwhelmed by input from others and your environment and how to re-charge when you get "over-cooked." I have purchased copies for all my Reiki students (people who tend to be highly-sensitive and empathic) and know that it will be a great support tool for our work. Thank you again, Dr. Orloff

From the start I knew that "The Empath's Survival Guide" would be the most succinct and helpful book I would ever find to navigate through life; it is the Ultimate Guide for True Freedom for Empaths! I learned about being an Empath from Dr. Orloff's previous books on the subject and it has definitely changed my life. Empaths comprise approximately 15-20% of people who are, unfortunately, misunderstood by most. Dr. Orloff has helped me to understand a Sensitive Nature that many family and friends, throughout my entire life, have encouraged me to change. How can one change their inner essence? Now I KNOW that it is a "GIFT" which, when understood and used accordingly, can not only enhance one's life, but everyone else's as well. What a difference this change of attitude has made. I am definitely Happier and Free, enjoying life to the fullest because of it. I am indebted to Dr. Judith Orloff for her life's work in breaking the chains of shame that block so many empathic souls. I believe that with this knowledge, we can change an insensitive world and bring back Compassion and Empathy to a planet that desperately needs just that. Eternally Grateful to Dr. Orloff for this magnificent book and can't recommend it highly enough!!! Treat yourself to this

book and you won't be sorry, I promise!!!

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