



## The Empath s Struggle: Protect Your Heart and Still Give Love (Paperback)

By Bessie Mikkel

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you want to learn how to deal with the pain of others? Being an empath can be a great thing, but it can also be quite hard. You re very in tune with the emotions of others, but often, it s a struggle for yourself, and you tend to get overwhelmed. However, what if there was a way to help alleviate that problem? There is, and this book can assist you with that. In this book, you ll learn about the following regarding being an empath: What it is exactly The traits of it The problem with being too much of an empath Ways to help cope with the daily world as an empath How boundaries make an empath s life easier The best way to go about daily routines as an empath By the end of this, you ll know all that you want to know about being an empath. It can be hard, but once you ve learned what to do in various situations, it can make those troublesome ones much easier to face. Download this Bestselling Book...



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