

## Choosing the Right Empath Book for You

### A Message from Rose

The system of Empath Empowerment® can help you enormously. This is a unique method -- systematically taught and internationally tested.

Ever since writing the first book for empaths in English, I have worked to refine what Empath Coaching could be. Please consider that I did this to help YOU, because I'm here to help you to benefit from all that experience.

I have created a series of Empath Empowerment® Books to help you to use your full potential as an empath (and a person). Here are some ideas to help you decide which book to use when.

#### **BOOK ONE. *Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment***

Start here! It's simple and practical, a very human approach to gaining powerful skills as an empath. You will learn all three parts of Empath Empowerment®: Learning which lifelong gifts you have, effortlessly turning OFF all your empath gifts.

You will even learn "Magic Picture," an amazing technique for turning your empath gifts ON at will.

**My tip:** Keep this book around after you read it the first time. Each time you cycle through, you'll increase your skill level.

**What makes this book special?** You'll find the easiest way in the world to become a skilled empath. Just do one short chapter a day, and up to 10 minutes for homework. After one month, voila! You're a skilled empath.

#### **Book Two. *The Empowered Empath: Quick & Easy Owning, Embracing, and Managing Your Special Gifts***

When you're ready to progress even more as an empath, go for either this book or Book Three. Quick & Easy is about half the size of Book Three. This one simplifies, covering exactly what you need to know most for depth skills as an empath.

Basics about what to do when and how. This is THE essential resource for empaths.

**Deep** is the key word here. This book deepens your understanding of what it means to be an empath, why empaths suffer, and how to stop suffering because of misunderstood gifts.

Many profound techniques are taught, building up to the super-duper one, “Coming Home.” (This is the most powerful technique I teach anywhere in the world for turning empath gifts OFF.) Results come so effortlessly, helping you to make this way of using awareness your usual habit.

**My tip:** You *could* choose this book as your first one for learning Empath Empowerment®. Most of my students prefer starting with *Become The Most Important Person in the Room* because that one emphasizes human life more, while *The Empowered Empath* helps you to understand more about consciousness.

**What makes this book special?** *The Empowered Empath* is the first book anywhere to describe what happens during subconscious Split-Split-Second Empath Merge and Prolonged Empath Merge, offering highly effective techniques to end these subconscious habits. You will explore 15 different gifts you might have as an empath.

You will gain depth experience, far beyond what is known today by most empaths in the world. Practical benefits can follow.

**BOOK THREE. *The Empowered Empath:***  
*Owning, Embracing, and Managing Your Special Gifts*

Just like Book Two, only this is the expanded edition! Choose this one if you like to understand what to do and also *why* to do it.

**What makes this book special?** This is THE depth book for gaining Empath Empowerment skills. And For many of us empaths, it matters to gain depth understanding to match depth experience. that combo does something like scratch an itch we have had for as long as we can remember.

**BOOK FOUR. *The Master Empath:***  
*Turning on Your Empath Gifts At Will in Love, Business and Friendship*  
*(Includes Training in Skilled Empath Merge)*

Take your empath skills further, while strengthening your sense of self even more. “Skilled Empath Merge” allows you to purposely experience what it is like to be someone else -- directly, powerfully, clearly, safely.

**My tip:** This is my only book for empaths that needs to follow another book in the series, either *The Empowered Empath: Quick & Easy* or *The Empowered Empath: Owning, Embracing, and Managing Your Special Gifts*.

**What makes this book special?** Leading-edge techniques prepare you to do research in person, from photos, from videos. The sequence of instruction makes your learning easy and natural. Yet you are becoming one of the first in the world to access this kind of inside information... about anyone you choose.