

Book Supplement
The Empowered Empath

Book Review

Synopsis: According to Rose Rosetree, “An empath is someone with at least one significant gift for directly experiencing what it is like to be another person.”

"The Empowered Empath -- Quick and Easy" teaches techniques for effortless management of empath gifts in a way that is easy to understand.

“Part One: Owning Your Empath Gifts” explains what it means to be an empath.

“Part Two: Embracing Your Empath Gifts” describes 15 different empath gifts.

“Part Three: How Your Embraceable Gifts Really Work” answers questions about experiences with “unskilled empath merges,” where an empath’s innate gifts work but in a random manner that results in problems.

“Part Four: Manage Your Magnificent Empath Gifts” teaches simple but powerful techniques for developing a stronger sense of self and turning empath gifts OFF.

With quizzes and answers, techniques, and examples of students who have gained skills as an empath, this book is a fun read. Yet it presents a straightforward and powerful system for Empath Empowerment®.

Any empath who is done with suffering and coping will benefit from becoming a skilled empath with the system presented in this how-to book.

Critique: Exceptionally well written, organized and presented, "The Empowered Empath -- Quick & Easy: Owning, Embracing, and Managing Your Special Gifts" is an informed and informative instruction guide and manual that is very highly recommended reading.

-- Midwest Book Review