

## Book Supplement

*The Empowered Empath: Owning, Embracing & Managing Your Special Gifts*

### Book Review

Rose Rosetree is a self-paced guide to mastering Empathic skills.

Carefully divided into four easy-to-follow sections, the 47 chapters offer real world examples of awakening conscious awareness to live a more relaxed life without avoiding psychic vampires and negative energies.

By defining the 15 gifts, Rosetree explains simple skills to manage sensitivity, navigate energy fields, and create lasting boundaries. Her long-time teaching experience lends knowledge about energy, and how to turn off like a faucet the experience of being someone else.

By offering lifestyle suggestions, in a few easy steps one can stop random energies from disrupting your aura. Learn how to have a goal of otherness without losing yourself in neediness or codependency.

All along, there are quizzes designed to detect your empathic powers, which could be physical, spiritual, or emotional intuition and oneness.

In social situations develop the ability to respond as yourself instead of reacting to drama.

Various archetypes are defined such as crystal, animal, plant, medical, mechanical and environmental talents.

Master the skill, merge like a pro. Cultivate self-love by breathing and exploring humanity. Be able to come home with confidence following ten simple rules.

All this and more as others' problems no longer will be your problems, achieving compassion without selling the farm. "The Empowered Empath: Owning, Embracing & Managing Your Special Gifts" by Rose Rosetree is a mind-body reading experience for those wondering if they have empathic power.

If you have always had intuition that something would happen or just a gut feeling about someone or think you are overly sensitive, that awareness has a name and this book can help identify and master the skills necessary to prevent imported stuff from taking root. This book is perfect for the novice and will entertain and delight the soul.

-- Readers' Favorite, Suzanne Cowles