

The Essential Empath: complete energetic and emotional self-care

By Sarah Petruno

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The Essential Empath is a core tool for anyone with empathic sensitivities, abilities, and inclinations and an inherent sensitivity to our energetic world. Understanding the workings of the Human Energetic System, and what that means for you as an empathic individual operating in your surroundings and within your day to day interactions, is essential for the health and well-being of an empath. Informational and empowering, The Essential Empath teaches you what it means to be empathic energetically and gives you the tools and practical solutions to manage, maintain, and protect your energetic and emotional self from the emotional fluctuations of others. Strong empathic ability is a gift. The Essential Empath teaches you empowered use of that gift.

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Editorial Review

About the Author
Sarah Petruno is a scientifically-trained shaman, writer, and teacher with degrees in Biology and Psychology from the University of Wisconsin-Madison. Through her teachings, Sarah strives to help others understand, and make changes within, their energetic and spiritual lives for their own healing and spiritual growth. Sarah's unique research science-based background allows her to approach teaching and healing with the practical, methodological, and logical minded perspective needed by many students and practitioners in the newest metaphysical and intuitive movement. Visit her blog and website at www.SarahPetrunoShamanism.com

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