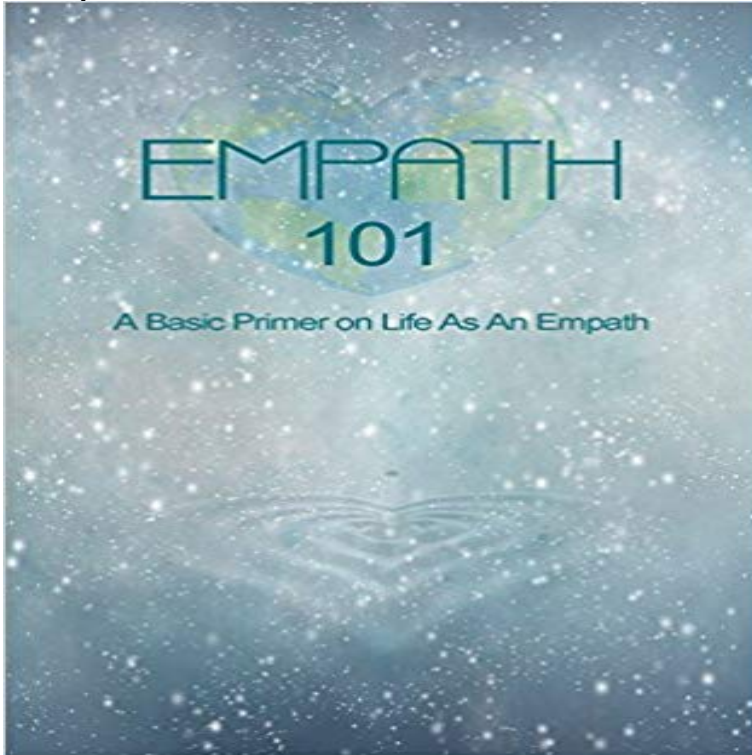


# Empath 101: A Basic Primer On Life As An Empath



A basic primer on life as an Empath. While no one book can completely cover everything an Empath needs to know, this guide tries to touch base on important topics and offer advice, explanations and guidelines. Topics include: What is an Empath? Are you an Empath? Empaths and Relationships Shielding and Grounding Crystals and Herbs Specifically for Empaths Needs

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