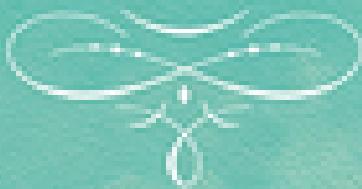


CHRISTIANE  
NORTHRUP, M.D.

#1 *New York Times* best-selling author

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This book is about owning and celebrating your highly sensitive, empathic nature for the gift it truly is to society and to the planet. Highly sensitive empathic people carry huge amounts of inner light because they see life through the eyes of compassion and caring. Always. They were born that way. But it's also a manual for how to repair your wounded self-esteem and self-worth and step out of the victim role that you may have been assigned in your family of origin. Or by society. And most importantly, this book will assist you in identifying and warding off the most common types of energy vampires who feed on your energy and make you susceptible to health, emotional, and financial problems. Here you will find explicit instructions for how to identify and separate from energy vampires so that they are no longer using your energy to fuel their dysfunctional lives. The end result is this. You will find yourself healthier, happier, wealthier, and more vibrant than you ever believed

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EVADING RELATIONSHIPS THAT  
DRAIN YOU AND RESTORING  
YOUR HEALTH AND POWER

This book is about owning and celebrating your highly sensitive, empathic nature for the gift it truly is to society and to the planet. Highly sensitive empathic people carry huge amounts of inner light because they see life through the eyes of compassion and caring. Always. They were born that way. But it's also a manual for how to repair your wounded self-esteem and self-worth and step out of the victim role that you may have been assigned in your family of origin. Or by society. And most importantly, this book will assist you in identifying and warding off the most common types of energy vampires who feed on your energy and make you susceptible to health, emotional, and financial problems. Here you will find explicit instructions for how to identify and separate from energy vampires so that they are no longer using your energy to fuel their dysfunctional lives. The end result is this. You will find yourself healthier, happier, wealthier, and more vibrant than you ever believed

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This book is about owning and celebrating your highly sensitive, empathic nature for the gift it truly is to society and to the planet. Highly sensitive empathic people carry huge amounts of inner light because they see life through the eyes of compassion and caring. Always. They were born that way. But it's also a manual for how to repair your wounded self-esteem and self-worth and step out of the victim role that you may have been assigned in your family of origin. Or by society. And most importantly, this book will assist you in identifying and warding off the most common types of energy vampires who feed on your energy and make you susceptible to health, emotional, and financial problems. Here you will find explicit instructions for how to identify and separate from energy vampires so that they are no longer using your energy to fuel their dysfunctional lives. The end result is this. You will find yourself healthier, happier, wealthier, and more vibrant than you ever believed

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