



The Essential Empath: complete energetic and emotional self-care

Sarah Petrino

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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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