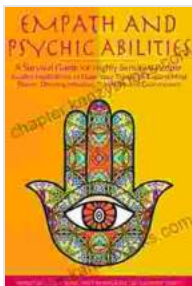


Survival Guide For Highly Sensitive People: Guided Meditations To Open Your

If you're a highly sensitive person (HSP), you may feel overwhelmed and stressed in today's fast-paced world. This book offers a safe and supportive space to help you navigate your unique challenges and thrive as an HSP.



EMPATH AND PSYCHIC ABILITIES: A Survival Guide for Highly Sensitive People. Guided Meditations to Open Your Third Eye, Expand Mind Power, Develop Intuition, Telepathy, and Clairvoyance by Mindfulness Lodge

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3254 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 240 pages
Lending	: Enabled



In this book, you'll find:

- An overview of what it means to be an HSP, including the challenges and strengths that come with this trait
- A collection of guided meditations designed to help you relax, de-stress, and connect with your inner self

- Practical tips and strategies for managing your sensitivity in everyday life

Whether you're a newly diagnosed HSP or you've been living with this trait for years, this book will provide you with the tools and support you need to thrive.

Here's what people are saying about Survival Guide For Highly Sensitive People:



““This book is a lifesaver! I've always felt different, and I've never really understood why. This book has helped me to understand myself better and to accept my sensitivity as a gift.” - Our Book Library customer”



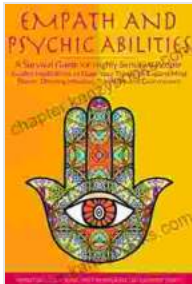
““I'm so grateful for this book. It's given me the tools I need to manage my sensitivity and to live a more fulfilling life.” - Goodreads reviewer”



““This book is a must-read for any HSP. It's full of practical advice and support that can help you to thrive in a world that can be overwhelming at times.” - Highly Sensitive Person Magazine”

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