

Dodging Energy Vampires: An Empath's Guide To Evading Relationships That Drain You And Restoring Your Health And Power

For those who carry energetic burdens that belong to someone else. With more than 24 proven ways to clear your energy field, this guide employs empowering, proactive techniques to manage your own energy. Including a chapter on the psychology of empathy by Dr. Caron Goode, the author presents her personal story of how she learned to psychically protect herself.

"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience
Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0.

In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes "Looking at the roots of addiction; your family history and "Addiction Story" • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your purpose, and being open to Recovery 2.0 will help recover not only yourself but also those you love."
You know Dr. Christiane Northrup as the best-selling author of books such as Women’s Bodies, Women’s Wisdom and The Wisdom of Menopause—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling you best, is about far more than physical health; it’s also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body “behave.” When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it’s a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to:
• Untie the knots of blame and guilt that harm your health
• Use sexual energy consciously to increase vitality
• Balance your microbiome through healthy eating
• Cultivate a healthy ego that serves you (not vice versa)
• Communicate directly with the Divine
• And much more
Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career’s worth of wisdom into one comprehensive user’s guide to a healthy, happy, radiant life.

For years Christiane Northrup, M.D., has taught women about health, wellness, and the miracle of their bodies. Now, in her first children’s book, she presents her wonderful wisdom to the youngest of girls. Beautiful Girl presents this simple but important message: that to be born a girl is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Through these empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up. Dr. Northrup believes that reading and discussing this book with your girls will help them to value the wonder and uniqueness of their bodies and have positive benefits that will last throughout their lives.

5 Steps to Physical, Emotional, and Sexual Wellness

Developing Multiple Talents

How the Divine Inside Can Heal Your Body and Your Life

Your Handwriting Can Change Your Life

Exploring Theories of How Disease Spreads

How to Deal With Negative People

How to Change the Beliefs that Limit Your Health, Longevity, and Success

A New York Times bestseller, Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships be our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

Yoga brings not only a suppleness to the body but also a sense of spiritual and physical well-being to those who practice it. Featuring over 170 postures from the main schools of yoga, The Yoga Bible is the ultimate, comprehensive guide to practicing yoga and finding a mental and physical balance in life. The book encourages yoga beginners and experts alike to find a yoga sequence that suits their personal needs and abilities.

Noriko is just getting started as a junior reporter for the Asakage Times. She wants to cover the hard-hitting issues, like world affairs and politics, but does she have the smarts for it? Thankfully, her overbearing and math-minded boss, Mr. Seki, is here to teach her how to analyze her stories with a mathematical eye. In The Manga Guide to Calculus, you'll follow along with Noriko as she learns that calculus is more than just a class designed to weed out would-be science majors. You'll see that calculus is a useful way to understand the patterns in physics, economics, and the world around us, with help from real-world examples like probability, supply and demand curves, the economics of pollution, and the density of Shochu (a Japanese liquor). Mr. Seki teaches Noriko how to:
•Use differentiation to understand a function's rate of change
•Apply the Fundamental theorem of calculus, and grasp the relationship between a function's derivative and its integral
•Integrate and differentiate trigonometric and other complicated functions
•Use multivariate calculus, and partial differentiation to deal with tricky functions
•Use Taylor Expansions to accurately imitate difficult functions with polynomials
Whether you're struggling through a calculus course for the first time or you just need a painless refresher, you'll find what you're looking for in The Manga Guide to Calculus. This EduManga book is a translation from a bestselling series in Japan, co-published with Ohmsha, Ltd. of Tokyo, Japan.

The Power of Empaths in an Increasingly Harsh World

The MindBody Code

The #1 System for Recovering from Toxic Relationships

The Secret Prescription for Radiance, Vitality, and Well-Being

Buddhism is Not what You Think

A Toolkit for the Modern Witch

How and why EMPATHS Attract NARCISSISTS

Through 5 practical steps, Dr. Judith Orloff's guide will show you how to recapture, nurture, and affirm your intuitive ability, so that you can utilize it to help heal yourself. In her groundbreaking book, Dr. Orloff leads readers to the heart of a radical revolution in health care: the union of medicine and intuition, of body, mind, and soul. Intuition plays an indispensable role in self-diagnosis, pain control, immune response, and recovery from acute and chronic illness; it can lead you to breakthroughs in anxiety, panic, depression, and other emotional blockages, even when traditional psychotherapy has failed. Discover the use of medications and the selection of the right healer for your needs. Further, it is integral for sexual healing, since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality. With Dr. Orloff's five practical steps, you'll learn to clarify your beliefs, listen to your body's messages, access inner guidance, sense subtle energies, and interpret your dreams. Practicing the steps, you'll recognize early warning signals and act on them to help prevent illness. You'll have skills to uncover important information from meditation and remote viewing (a way of intuitively tuning in) to make sense of confusing signals. The insights you'll gain from these tools will lead reason, compassion, and meaning to events such as illness, loss, or despair. Following Dr. Orloff's simple, clear instructions, illustrated with examples from her own experience and psychiatric practice, you'll recapture a sense of vision that will bring vibrance to all that you do. "Our intuition can open us up to our spirituality and show us how to be more healthy and whole," writes Dr. Orloff. "If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll also want intuition to show the way." Written with abundant warmth, humor, and compassion, this guide is your companion to a healthier, more fulfilling life.

"The New York Times bestselling author of Dying to Be Me returns with an inspirational guide for sensitive people looking to fully harness their gifts of intuition and empathy in today's harsh world!"

The practical skills you need to keep your energy safe and secure! Do you struggle with drawing and maintaining boundaries when dealing with the people in your life? Are you highly sensitive and attracted to other's feelings and energy, to the point where you can't tell where their energy ends and yours begins? Do you have trouble protecting yourself from "energy vampires?" If so, you're probably an empath—and in need of some guidance. Fortunately, there are practical ways to stay balanced and keep your energy safe and secure. From energy healer and psychic trainer Lisa Campion—author of The Art of Psychic Reiki—this healing guide will help you cultivate the energy management skills you need to cope with energy vampires and narcissists, increase your own vitality, and fully embrace your unique gifts. You'll learn all about: The three types of energy vampires and how to spot them Basic energy management skills to keep your energy strong and robust Practical ways to protect your time, energy, and money from an energy vampire When to cut your losses and get away, and what to do when you can't Psychic self-defense—how to handle a psychic attack What to do if you're an energy vampire And how to diagnose a spiritual issue—not all energy vampires are people! If you're empathic or highly sensitive, it's almost second nature to put others needs before yourself or take on the problems of the world. But what about your happiness? Energy Healing for Empaths offers every step to need to heal your energy and maintain healthy boundaries with others—so you can be happy, healthy, and in control of you.

In "Buddhism is Not What You Think" Steve Hagen, bestselling author of "Buddhism Plain and Simple" and a Zen priest, cuts through the many misconceptions surrounding Buddhism, and shows us its true purpose. Drawing on down to earth examples from everyday life, this practical and straightforward guide penetrates the most essential and enduring questions at the heart of the Buddha's teachings: How can we see the world in each moment, rather than merely as what we think, hope, or fear it is? How can we base our actions on reality? How can we live lives that are wise, compassionate, open and honest? What can it bring to our lives.

Emotional Vampires: Dealing With People Who Drain Your Dry

Empath

How Longevity Is Culturally Learned and the Causes of Health Are Inherited

Empath

A Daily Dose of Women's Wisdom

Homegrown in Florida

The Wisdom of Menopause (4th Edition)

Do you feel the agony and the ecstasy carried within people's hearts? Do you experience chronic exhaustion in social settings? Has anyone ever told you that you're "too sensitive" for this world? If so, you may be an empath. An empath is a person who absorbs the emotions of others like a sponge and experiences these emotions as their own. While empaths are warm, intuitive, and compassionate people, their high level of sensitivity makes them prone to experiencing issues such as anxiety, depression, and crippling physical illnesses. Do you tend to attract toxic people and set poor boundaries? If so, this book will help you. Do you feel overwhelmed by negative energy and feel like you can't cope anymore? This book will support you. Do you want to heal yourself and find inner peace? This book will show you the path. Written for the highly sensitive and empathic people of life, Awakened Empath is a comprehensive map for helping you to develop physical, mental, emotional, and spiritual balance on every level. Chapters in this book include:
- What is Your Empathic Gift?
- Empaths and Society
- Empath Friendships and Relationships
- Empaths and the Workplace
- The Psychological Understanding of Being an Empath
- The Scientific Understanding of Being an Empath
- The Shamanic Understanding of Being an Empath
- The Mystical Understanding of Being an Empath
- The Dark Side of Being an Empath
- Empaths and Narcissists
- Empaths and Energy Vampires
- Parenting Empath Children
- Empaths and the Spiritual Awakening Process
- Healing the Physical Realm
- Healing the Mental Realm
- Healing the Emotional Realm
- Flowing With Spirit
- The Spiritual Purpose of Empaths Under the loving guidance of empaths and spiritual mentors Luna and Sol, you will discover how to awaken to your highest potential and access the strength, love, and wisdom found within your soul.

The correlation between empaths and victims of Narcissistic abuse is quite incredible. In some cases, it is not until a victim has suffered through narcissistic abuse that they start to research and investigate, which then leads to the eye-opening self-discovery of an Empath. This may be the case for you. This bundle features 2 manuscripts inside: 1.Highly Sensitive Empaths: The Complete Survival Guide to Self-Discovery, Protection from Narcissists and Energy Vampires, and Developing the Empath Gift. 2.Emotional and Narcissistic Abuse: The Complete Survival Guide to Understanding Narcissism, Escaping the Narcissist in a Toxic Relationship Forever, And your Road to Recovery. Save over 20% when purchasing the bundle compared to purchasing both individual books. This bundle will provide you with the tools and knowledge to help understand your self as an Empath, how to grow and develop, into a stronger version of yourself, and how to protect yourself from toxic people such as energy vampires and narcissists. If you are a victim of narcissistic abuse in a toxic relationship, this bundle will also provide you with the tools to be able to dissect what is actually happening in your relationship, a deep insight into the mind of a narcissist, how to safely escape the relationship and prevent relapse, and ultimately, how to heal and recover from the long-term abuse. Throughout the pages of "Highly Sensitive Empaths," you will learn about: The detailed traits of an Empath A scientific and shamanic explanation of an Empath Purpose and gift of the Empath Empath Archetypes Empath Self-Assessment Growing up as an Empath Parenting as an Empath Subconscious Re-Wiring Self-Love and the Right Environment Empath Strengths Empath Weaknesses Narcissistic People and Energy Vampires Empathic Protection Empathic Self Care Empath Tips Freebies inside And plenty more Throughout the pages of "Emotional and Narcissistic Abuse," you will be educated on complex topics, featuring: Narcissism Narcissistic Personality Disorder Traits of the Narcissist Signs and Symptoms of Narcissistic Abuse Creation of the Narcissist False-Self and True-Self Characteristics of a Narcissist Target (Victim) The Cycles of Abuse Long-term Damage to the Victim How to Heal Your Sense of Self Strategies to Safely Escape a Narcissist and Prevent Relapse Narcissists Manipulation Tactics and How to Deal with Them And plenty more This bundle will provide you with great value and insight on everything you are going through and what you need to do next. If you are still in the relationship, this will support you in the process of beginning to demystify everything that has been going on and recognizing the reality of what you are experiencing. As you will learn, this is an essential part of breaking free from the relationship and healing. Know that you are not alone in being an Empath, and being one is a highly treasured gift that allows you to bring great value to the world.

As you read more, you will grow to understand what this all means and how you can build your gift to begin having a massive impact on the betterment of society, without draining yourself or giving yourself away in favor of this mission. Take back control of your life and click "add to cart".

In A Mom's Guide to the COVID Shot: What Every Mother Needs to Know, Christiane Northrup, M.D. shares the truth about what is in the COVID-19 vaccine and the effects it is having on those who have received it. Christiane Northrup, M.D., visionary pioneer in women's health, is a board-certified OB/GYN with more than thirty years of clinical experience, former assistant clinical professor of OB/GYN at the University of Vermont College of Medicine, and three-time New York Times bestselling author of Women's Bodies, Women's Wisdom, The Wisdom of Menopause and Goddesses Never Age. In 2013, Reader's Digest named Dr. Northrup one of the "100 Most Trusted People in America." In 2016, she was named one of Oprah Winfrey's Super Soul 100, a group of leaders who are using their voices and talent to awaken humanity. And in 2020 & 2021, she was included in the Watkins Spiritual 100, a list of living people that make a unique and spiritual contribution on a global scale.

Are you caught in an exhausting, repeating cycle of bad relationships that always turn out the same, and suspect there must be some root cause driving your attraction to the wrong people, and then to you? Are you naturally giving and constantly find yourself being taken advantage of by chronic takers? Have you ever noticed that you attract the same type of person again and again and wonder why? Would you like to understand the elements that are driving this attraction and fueling this frustrating, toxic cycle? If you answered "yes" to any of these questions, keep reading! Hoping that a new relationship will turn out different than the last, and then being disappointed by not only the same result, but arriving there through the same familiar negative patterns along the way can be discouraging. It can leave you wondering if there is a way out of this cycle. Sure, there are many books that aim to help you recover after the damage from a toxic relationship is already done, but there are none that solely explore the root of the attraction that sensitive people and narcissists have for each other, until now! Explore this groundbreaking book that finally uncovers the reasons why empaths and narcissists are so irresistibly drawn to each other, and the ways that, armed with the truth, you and others can finally break the cycle and avoid these relationships in the future so you can finally meet the person you were meant for! Inside you'll find: The single, harmless-seeming trait that draws in narcissists like moths to a flame 15 must-know warning signs of a toxic relationship The true reason behind why empaths often feel compelled to "fix" broken partners The 7 recognizable stages of a toxic relationship (see if you relate!) How energy vampires and codependency may be affecting you without you knowing Why enforcing strict boundaries actually results in more freedom for partners How toxic relationships are preventing you from meeting the one you were meant to be with, and the ultimate tool to break free from the cycle for good! And much more... Even with a track record a mile long of toxic, unhealthy, and even abusive relationships, there is a way to empower yourself to break the cycle. If you are finally ready to never deal with another dead end, hurtful relationship again, order this book today!

Beautiful Girl

The Classic Yoga Bible

Finding Freedom Beyond Beliefs

The Adventures of Polo

What Every Mother Needs to Know

The Empath's Survival Guide

Your Guide to Understanding Empaths and Their Emotional Abilities to Feel Empath, Including Tips for Highly Sensitive People, Dealing with Energy Vampires, and Being a Psychic Empath

For decades, Christiane Northrup has been helping women navigate their lives with grace and joy. This elegant, compact volume offers her trademark wisdom in a fresh form, filled with pointed reminders "to help you develop a deeper respect for, and connection to, your own body and its exquisite guidance system [to] create a vibrantly healthy body, mind, and spirit." Each beautifully designed black-and-white page carries a quote that touches on a topic of deep significance: everything from heart-listening to epigenetics to the importance of knowing that your decisions about medical treatment are not irreversible. Examples include: You are an ever-renewing, ever-changing, ever-growing being, born with an inner guidance that helps you create and maintain vibrant health and happiness. When faced with a dilemma, take a moment to sit with the issue. Don't rush to decide what to do. Intend, let it go, and it will be so!The next time you get an ache or a pain, soften the area around it with compassion. Ask your body what it needs. Listen deeply for the answer.

Ever-wasting that you have either had one person or a number of people in your life that has sucked you dry emotionally and mentally right? Those people, on the surface at least, SHOULD be the people those that love and support you the most in many ways. Unfortunately, this is not always the case and the polar opposite can happen. We can feel attacked, used, and emotionally abused in a variety of different ways. Many times these people can be a family member, friend or even a work colleague which makes life even more difficult. You often feel obligated to keep the relationship on an even keel DESPITE being used as a human emotional punch bag! Other times these people are the ones who are being used and you are the one who is being used. This is a world where narcissistic tendencies and toxic people appear to be on the increase. This is where this book will help you in that it will deliver the following: How to spot an energy vampire and recognise the early signs. What to do if there is a narcissist or energy vampire due to you. How to set strong boundaries with these people in order to shield yourself from any abuse. How someone becomes an energy vampire in the first place. How to protect yourself if you are sensitive or an empath. The classic empath v narcissist relationship The consequences to you if you keep an energy vampire close to you. If this has been a constant in your life dealing with these people then you CAN overcome and find the strength to move through these very tough situations. When reading this book you will know that you are NOT alone and there is a multitude of help out there for you. You don't have to take it anyone! If this sounds like you and you want to move forward in your life free from being used by these people to focus on your own path and becoming the best version of you then just click the 'add to cart' button above.** Kindle version is FREE with paperback purchase**

M. E. Thomas is a high-functioning non-criminal sociopath. She is charismatic, ambitious and successful. You would be charmed by her if you met her, might even be seduced by her. You would not realise that she is studying you to find your flaws, that she is ruthlessly manipulative, has no empathy and does not feel guilt or remorse. But she does like people. She likes to touch them, mould them and ruin them. She could be your friend or your boss. She like to see you . . . Now she writes with breathtaking honesty about her life. She also draws on the latest research to explain why at least one in twenty-five of us are sociopaths - and shows why that's not a bad thing. By turns fascinating, shocking and funny, Confessions of a Sociopath is a gripping insight into the mind of a self-confessed predator.

An anthology of stories by writers who grew up in Florida.

TOXIC MAGNETISM

Sensitive Is the New Strong

365 Days of Self-Care for Sensitive People

Godsfield Bibles

The Ultimate Guide to Emotional, Psychological and Spiritual Healing

Liberate Yourself from Negative Emotions and Transform Your Life

Finding Freedom from the Thoughts, Feelings, and Energy of These Around You

If you've ever been told that "you're too sensitive" but suspect that there might be something more to it, then keep reading... Are you sick and tired of people saying that you should grow a thick skin? Do you find it difficult to distinguish someone else's discomfort from your own? Do you prefer taking your own car to places so that you can leave when you please? If so, then you've come to the right place. You see, empaths often wonder why other people aren't as emotionally delicate as themselves. If an empath is missing guidance they could adopt negative coping strategies such as drug abuse and overeating, all in an effort to shut out the turbulent emotions that they go through on a daily basis. This book is here to help you to embrace your gift and channel your blessings into something beautiful. Here's just a tiny fraction of what you'll discover: The 11 traits of an empath The different distinct categories empaths fall into and which one you might be How you can take advantage of your special gift Why your condition is a strength and not a weakness Common myths about empaths How to avoid getting your energy drained by energy vampires 9 effective ways to stop absorbing other people's energy Coping strategies for highly sensitive people 9 ways empaths love differently Why empaths and narcissists are attracted to each other and the stages of their relationship 16 tips for raising empathic children Best career choices for empaths 4 signs you're an intuitive empath - not just an empath How to remain in balance with your emotions And much, much more! Take a second to imagine how well you'll feel once you have a full understanding of your blessings and how your family and friends will react when they see what your gift of depth and compassion can offer the world. So even if you've already adopted negative coping strategies to shut out the turbulent emotions, you can channel your blessings into something beautiful by understanding more about who you are. If you have a burning desire to understand empaths and feel valued by a world that desperately needs you, then scroll up and click "add to cart"!

When we purposefully change our handwriting, we introduce attitudes that can improve our relationships, give us the impetus to achieve and take risks, and simply bring out the best in us. This is because our handwriting is a reflection of our innermost thoughts and feelings. When we fall in love, survive a serious illness, or change careers, our view of life is dramatically altered and, as a result, our handwriting patterns change. Conversely, desired transformations can result from intentionally changing the way specific letters are written: " S tick to that diet by changing the letter T. " Avoid being overlooked for that well-deserved promotion by changing the letter S. " Reduce stress and cease juggling too many things at once by changing the letter S. " Overcome shyness or stage fright by changing the letter A. Included is an enlightening assessment test that identifies those personality traits requiring attention. Your Handwriting Can Change Your Life profoundly reveals that the key to making dreams come true lies as simple as putting pen to paper.

One of the best "Vampire Books" you will ever read! Especially if you are surrounded by negative thinking or negative people... After being around certain people do you ever find yourself feeling: Emotionally exhausted Drained Tired or wanting to take a nap? If so, then this is a good book for you! Who exactly do energy vampires and negative people affect? Simple ... Everybody! So what is an energy vampire? You've probably heard the term "energy vampires" before, especially if you're at all interested in psychic ability or psychic development. But what exactly are energy vampires? They're not real vampires. Well, I guess they're real vampires, but not like the ones you see in Twilight ... "Energy vampires" feed upon your energy. In other words, their primary target is your spiritual body, not your physical body. "Energy vampires" are people who constantly draw upon other people's energy in order to help "recharge" their own system. So what do energy vampires and negative people have in common? They essentially do the same thing. They draw upon your energy, and they will have a very profound effect on your system, both spiritually and physically. Many times, they will wear you down to the point of exhaustion. However, unless you're aware of what is happening, you may not even notice the effects these people are having in your life, on a day-to-day basis. Empaths, this is the book for you! Empaths and sensitives are very susceptible to "energy vampires" more so than most other people. More and more people are discovering they are empaths in this new consciousness era. You may even be one and never know it, until now. How do you find out if you are an empath? By reading this book! In The Book Find Out: How to spot an "energy vampire" How to protect yourself against negativity What to do if you if you are surrounded by negative people How to tell if you are an empath! How to protect yourself if you are an empath What effects "energy vampires" have on your spiritual and physical health How to live in a world filled with "energy vampires" And the very important...energy vampire first aid!

Highly sensitive people—or empaths—see life through the eyes of compassion and caring. They were born that way. As a result, they carry a tremendous amount of inner light. But they're also the favored prey of "vampires" who feed off empaths' energy and disrupt their lives on every level—physical, emotional, and financial. In Dodging Energy Vampires, Christiane Northrup, M.D., draws on the latest research in this exciting new field, along with stories from her global community and her own life, to explore the phenomenon of energy vampires and show us how we can spot them, dodge their tactics, and take back our own energy. You'll delve into the dynamics of vampire-empath relationships and discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognize the patterns of behavior that mark these relationships, you'll be empowered to identify the vampires in your life too. In these pages, Dr. Northrup opens up a toolbox full of techniques you can use to leave these harmful relationships behind; heal from the darkness they've cast over your mind, body, and spirit; and let your own light shine. In the end, you may find yourself healthier, happier, wealthier, and more vibrant than you ever believed possible.

The Complete Survival Guide to Understanding Your Gift, the Toxic Relationship to Narcissists and Energy Vampires and How to Protect, Heal and Recover

Highly Sensitive Empaths and Narcissistic Abuse

A Mom's Guide to the COVID Shot

The Truth About Contagion

Dodging Energy Vampires

Dr. Judith Orloff's Guide to Intuitive Healing

Who Should Is This?

"The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook." —The North American Menopause Society
A #1 New York Times bestseller when first published, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the "change" is not simply a matter of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women's health, including:
• up-to-date information on hormone testing and hormone therapy
• a completely new take on losing weight and training your mind to release extra pounds
• new insights on the relationship between thyroid function, Hashimoto's disease, and Epstein-Barr virus, with a new program for healing thyroid issues
• all you need to know about perimenopause and why it's "critical to your well-being"
• the latest on new, less invasive and more effective fibroid treatments
• information on which supplements are better than Botox for keeping your skin looking youthful
• additional advice on dealing with pelvic health issues, including pelvic prolapse
With this trusted resource, Dr. Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

In Dodging Energy Vampires, Dr. Christiane Northrup draws on the latest research in this exciting new field to explore the phenomenon of energy vampires and show us how we can spot them, dodge their tactics and take back our own energy. Highly sensitive people - empaths - see life through the eyes of compassion and caring. As a result, they carry a tremendous amount of inner light. But they're also the favoured prey of 'vampires' who feed off empaths' energy and disrupt their lives on every level. In this book, Dr. Northrup provides techniques you can use to leave these harmful relationships behind, heal from the darkness they've cast over you and let your own light shine. You'll delve into the dynamics of vampire-empath relationships and discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognise the patterns of behaviour that mark these relationships, you'll be empowered to identify the vampires in your life too.

Best-selling author Albert J. Bernstein helped thousands of people deal with the dangerously stupid art and let ur in Dinosaur Brains. In Emotional Vampires he goes even further to protect unsuspecting mortals from more devious and harmful creatures vampires ready to bite, suck, and kill the emotional and psychological wellbeing of their victims. Like the fabled demons, these vampires come in many shapes:
- The living dead who think their "talents" place them above the laws of nature
- Lords of darkness with huge egos and tiny consciences
- Scary vampires who use their tempers the same way terrorists use bombs
-Blood-suckers who think others were created for their convenience
Emotional Vampires tells readers how to spot a vampire in their lives, which defense strategies to employ to prevent one from striking, and what to do if and when they find themselves under attack.

Why is it so difficult to change our beliefs and behaviors even when we know they no longer serve us? How can certain individuals reverse "incurable" disease while others suffer the effects of childhood wounds despite years of therapy? How is it that the centenarians make up the fastest-growing segment of the U.S. population—even though the majority of people over the age of 100 rarely visit their doctors?
When Dr. Mario Martinez began his career in clinical neuropsychology, he was determined to find the answers to baffling questions like these. With The MindBody Code, he shares the rewards of an investigation that has spanned generations and cultures to reveal the most effective methods for initiating deep and lasting change—and the empowering new science of bio cognition that substantiates their results. Far from a quick-fix approach, The MindBody Code will challenge you to embrace a bold paradigm for health and wellbeing that requires your courage, patience, and commitment. You will not only learn the basics of this cutting-edge science, you will learn to communicate with your body in its own "biosymbolic" language to bring making changes that till this point may have been elusive at best. Through fascinating case studies and practical training in embodying the methodology, Dr. Martinez illuminates: The overt and subtle ways our cultural beliefs impact our immune system—and the pathways to healing the archetypal wounds of shame, abandonment, and betrayal
How to break through the ceilings of abundance that limit prosperity and create the "subcultures of wellness" that will help you reach your full potential
Lessons from the centenarians—how to transform "aging consciousness" to continually increase your value and competence as you grow older
Psychospiritual conflicts—getting to the root of challenges often mistaken as psychiatric disorders
Why do so many popular methods of personal transformation fail despite our efforts and intentions? Because they don't address the mind-body code—your body's "operating instructions" for interpreting your world, creating your sense of self, and defining what's really possible for you. The MindBody Code is your key to safety and successfully confront your fears, disillusionment, and learned helplessness with tools that harness the hope, joy, and unconditional love you hold within.
Course objectives: Explain the overt and subtle ways our cultural beliefs impact our immune system—and the pathways to healing the archetypal wounds of shame, abandonment, and betrayal
Discuss how to break through the ceilings of abundance that limit prosperity and create the "subcultures of wellness" that will help you reach your full potential
Utilize lessons from the centenarians—how to transform "aging consciousness" to continually increase your value and competence as you grow older
Define psychospiritual conflicts—how to get to the root of challenges often mistaken as psychiatric disorders
Energy Vampires

The Twelve Hierarchies of Earth

Confessions of a Sociopath

Positive Magic

A Simple Guide to a Divinely Inspired Life

Thriving as an Empath

Emotional Freedom

For readers of Plague of Corruption, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really such things as "viruses"? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today's COVID-19 pandemic is a "dangerous, infectious virus." This is the rationale for isolating a large portion of the world's population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his "germ theory" now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything." While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and "fuzzing" feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In The Truth About Contagion: Exploring Theories of How Disease Spreads, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell explore the true causes of COVID-19. On September 26, 2019, 5G wireless was turned on in a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call "contagions," numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a masima? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no "coronavirus" at all; perhaps, as Pasteur said, "the germ is nothing, the terrain is everything."

Dr. Judith Orloff offers 365 days of self-care meditations, reflections, and journaling suggestions as daily inoculations against stress and overwhelm Empaths have so much to offer as healers, creatives, friends, lovers, and innovators at work. Yet highly sensitive and empathic people often give too much at the expense of their own well-being—and end up absorbing the stress of others. "To stay healthy and happy," writes Judith Orloff, MD, "you must be ready with daily self-care practices that work." With Thriving as an Empath, Dr. Orloff provides an invaluable resource to help you protect yourself from the stresses of an overwhelming world and embrace the "gift of being different." If you want daily tools to put into action, this book is for you. Building on the principles Dr. Orloff introduced in The Empath's Survival Guide, this book brings you daily self-care practices and support for becoming a compassionate, empowered empath, including:
[] Setting strong boundaries
[] Protecting your energy
[] Inoculating yourself against stress and overwhelm
[] Self-soothing techniques
[] Knowing that it is not your job to take on the world's stress
[] Breaking the momentum of sensory overload
[] Tapping the vitality of all four seasons and the elements
[] Deepening your connection with the cycles of nature
[] Moving out of clock-based time into "sacred time"
[] Thriving as an Empath was created to help you grow and flourish without internalizing the emotions and pain of others. "These self-care techniques have been life-saving for me and my patients," writes Dr. Orloff. "I feel so strongly about regular self-care because I want you to enjoy the extraordinary gifts of sensitivity—including an open heart, intuition, and an intimate connection with the natural world."

Neuropsychologist Mario Martinez is a pioneer in the science of the mindbody--his term for that essential oneness of cognition and biology--and a passionate advocate for its power to reshape our lives, if we work with it consciously. In *The MindBody Self*, he builds on the foundation he laid in ... MindBody Code to explore the cultural conditions that coauthor our reality and shape every aspect of our lives, from health and longevity to relationships and self-esteem. Then he offers practical tools we can use to shed outworn patterns and create sustainable change. You'll read about: How our cultural beliefs affect the diagnosis, prognosis, and treatment of disease; The difference between growing older (which we all do) and "aging" by our culture's standards (which we can learn not to do); What happens when we move "beyond the pale" of our tribe's expectations; How to navigate adversity using uncertainty as a guide; Biocognitive tools for a healthy life.

What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff. "But for empaths it goes much farther. We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." With *The Empath's Survival Guide*, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath's gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy. For any sensitive person who's been told to "grow a thick skin," here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

An Empath's Guide to Evading Relationships That Drain You and Restoring Your Health and Power

RECOVERY 2.0

Making Life Easy

How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships

The Personal Side of Creative Expression

Awakened Empath

Life Strategies for Sensitive People

THE NEW YORK TIMES BESTSELLER! Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years—no matter what our culture tries to teach us to the contrary—including: · Vibrant good health · A fulfilling sex life · The capacity to love without losing ourselves · The ability to move our bodies with ease and pleasure · Clarity and authenticity in all our relationships—especially the one we have with ourselves "Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging," Dr. Northrup explains. "Agelessness is all about vitality, the creative force that gives birth to new life." Goddesses Never Age is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup's 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.

Narcissistic abuse was originally defined as a specific form of emotional abuse of children by narcissistic parents, more recently the term has been applied more broadly to refer to any abuse by a narcissist (someone that who admires their own attributes), in particular adult-to-adult relationships the abuse may be mental, physical, financial, spiritual or sexual. If you have been through an abusive relationship with someone who has Narcissistic Personality Disorder, you will know that no one understands what you are going through unless they have personally experienced it. Melanie Tonia Evans was abused by her former husband for over five years, it almost took her to the point of no return, at her lowest point she had an epiphany that signified the birth of the Quanta Freedom Healing Technique. In this book you will learn how to: recognise if you are in an abusive relationship how to detach remove yourself from the narcissist's ability to affect or abuse you any more identify your subconscious programme, release it and replace it focus on healing yourself become empowered thrive and not just survive. This revolutionary programme is designed to heal you from the inside out, its effectiveness has been proven by thousands of people worldwide.

Dodging Energy VampiresAn Empath's Guide to Evading Relationships That Drain You and Restoring Your Health and PowerHay House, Inc.

"A rare gem. One of the only magical self-help books that is beautiful, moral, and wise. Marion's methods of working have greatly influenced my life." —Margot Adler, author of *Drawing Down the Moon* "Written by one of America's Witch elders, this revised and expanded edition of this beloved classic can enrich the spiritual practice of longtime practitioners as well as those beginning their explorations of magical realms." —Selena Fox, High Priestess, Circle Sanctuary, Psychotherapist & Shamanic Healer "Well written and fascinating, *Positive Magic* is a book you must read and keep by your side. Weinstein explains what you need to know and does it in a way that keeps you all the way through. An intelligent approach to using magic in your life." —Merlin Stone, author of *When God Was a Woman* and *Ancient Mirrors of Womanhood Here* is a new edition of one of the best-loved introductions to magic that is still used in metaphysical classes around the world. The author makes ancient magic techniques accessible, offering them as practical tools for daily life. Addressing the needs of today's readers—beginners and adepts alike—the author provides well-researched historical background on astrology, witchcraft, tarot, and the I Ching as well as channeling, spirit contact, and the connections between quantum physics and traditional magic.

Trace Your Spiritual Family and Find Your Place of Belonging

Creating Physical and Emotional Health During the Change

The Mindbody Self

How to Protect Yourself from Toxic People with Narcissistic Tendencies

Goddesses Never Age

The Manga Guide to Calculus

A Guide to Overcoming Fear, Anxiety, Narcissists, and Energy Vampires - Dodging Energy

Highly sensitive people—or empaths—see life through the eyes of compassion and caring. They were born that way. As a result, they carry a tremendous amount of inner light. But they're also the favored prey of "vampires" who feed off empaths' energy and disrupt their lives on every level—physical, emotional, and financial.In *Dodging Energy Vampires*, Christiane Northrup, M.D., draws on the latest research in this exciting new field, along with stories from her global community and her own life, to explore the phenomenon of energy vampires and show us how we can spot them, dodge their tactics, and take back our own energy. You'll delve into the dynamics of vampire-empath relationships and discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognize the patterns of behavior that mark these relationships, you'll be empowered to identify the vampires in your life too.In these pages, Dr. Northrup opens up a toolbox full of techniques you can use to leave these harmful relationships behind; heal from the darkness they've cast over your mind, body, and spirit; and let your own light shine. In the end, you may find yourself healthier, happier, wealthier, and more vibrant than you ever believed possible.

This is a brief overview of some of the key aspects of our personality and inner life that can affect how well we access and express creative talents. Especially for teens and adults with multipotentiality. Included are references to creativity research, perspectives of psychologists, creativity coaches and personal development leaders, as well as comments by a wide range of actors, directors, writers and other creative people. A free PDF version of the book is available to purchasers of the paperback.

"Northrup explores [what she feels is] the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health: it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body "behave"--Dust jacket flap.

You Can Thrive After Narcissistic Abuse

A Life Spent Hiding in Plain Sight

Energy Healing for Empaths