



## Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers

By Dave Markowitz

Download now

Read Online ➔

### Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz

Are you frustrated because you haven't yet healed? If your symptoms of physical, emotional, or energetic pains and illness keep reoccurring no matter what you've done, this book is for you!

If you are overweight, or are inexplicably lethargic, unfocused, or feeling lost, there is a reason. If you are anxious, depressed, or have digestion/elimination difficulties, your energetic sensitivities likely have caused you to take on the pain, unhappiness, and other dis-ease of the people around you. *Self-Care for the Self-Aware* provides a solution specifically tailored for you and your uncommon healing needs.

Many of us on the path of self-realization are overly empathic; therefore, we need special tools and updated techniques that teach us how to effectively protect ourselves from incoming energies, as well as a method to permanently release everything we've already absorbed.

Learn how to use your intuitive gifts to self-heal and how to better use these gifts for the benefit of others!

If you've done way too many traditional, alternative, or complementary healing modalities and at best have only achieved temporary relief, *Self-Care for the Self-Aware* is for you!

↓ [Download Self-Care for the Self-Aware: A Guide for Highly S ...pdf](#)

📖 [Read Online Self-Care for the Self-Aware: A Guide for Highly ...pdf](#)

# Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers

By Dave Markowitz

**Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers**  
By Dave Markowitz

Are you frustrated because you haven't yet healed? If your symptoms of physical, emotional, or energetic pains and illness keep reoccurring no matter what you've done, this book is for you!

If you are overweight, or are inexplicably lethargic, unfocused, or feeling lost, there is a reason. If you are anxious, depressed, or have digestion/elimination difficulties, your energetic sensitivities likely have caused you to take on the pain, unhappiness, and other dis-ease of the people around you. *Self-Care for the Self-Aware* provides a solution specifically tailored for you and your uncommon healing needs.

Many of us on the path of self-realization are overly empathic; therefore, we need special tools and updated techniques that teach us how to effectively protect ourselves from incoming energies, as well as a method to permanently release everything we've already absorbed.

Learn how to use your intuitive gifts to self-heal and how to better use these gifts for the benefit of others!

If you've done way too many traditional, alternative, or complementary healing modalities and at best have only achieved temporary relief, *Self-Care for the Self-Aware* is for you!

**Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers**  
By Dave Markowitz Bibliography

- Sales Rank: #43142 in Books
- Published on: 2013-08-06
- Released on: 2013-08-06
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .27" w x 5.00" l, .27 pounds
- Binding: Paperback
- 108 pages

 [Download Self-Care for the Self-Aware: A Guide for Highly S ...pdf](#)

 [Read Online Self-Care for the Self-Aware: A Guide for Highly ...pdf](#)

## **Download and Read Free Online Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz**

---

### **Editorial Review**

From the Author

Do you think you found this page by accident?

I don't think so.

No coincidences. You're intuitive, and part of you already knows this book or a session with me is what you've been looking for.

If your mind is already fighting you, thinking bad thoughts about me or this work, you're onto something! Go beyond mind; what does your heart say?

PS Please leave a review when you're finished reading.

About the Author

Dave Markowitz is a medical intuitive who has helped thousands on their journey toward wholeness. After years of denying his empathic abilities, his slap-in-the-face moment was when he got drunk without drinking any alcohol.

Dave then began attracting clients who'd done lots of spiritual work but hadn't seen improvements using traditional, alternative, or complementary modalities. He was able to intuit that his client's pains and illness weren't their own; that their empathic abilities made them an "energetic sponge."

Dave knew he could "squeeze" the "sponge" but also knew that without addressing the underlying causes, all pains and illness would be eventually recreated. He then intuited a 5-step process that helps empaths see their gifts as a blessing and not a curse, and also helps them "give back" what isn't theirs.

A native New Yorker with a wry sense of humor, Dave works in-person and by phone/Skype from his new location, Portland, Oregon.

### **Users Review**

**From reader reviews:**

**Ann Wheeler:**

The reason? Because this Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will zap you with the secret it inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content inside easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book include such as help improving your talent and your critical thinking approach. So , still want to hold off having that book? If

I have been you I will go to the reserve store hurriedly.

**Harley Campbell:**

Playing with family in the park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers, you may enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

**Donald Fujita:**

This Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers is completely new way for you who has interest to look for some information since it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or perhaps you who still having little digest in reading this Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers can be the light food for yourself because the information inside this kind of book is easy to get through anyone. These books acquire itself in the form which can be reachable by anyone, yeah I mean in the e-book form. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there is not any in reading a guide especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book variety for your better life as well as knowledge.

**Kara Navarrete:**

What is your hobby? Have you heard in which question when you got scholars? We believe that that concern was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person like reading or as looking at become their hobby. You need to know that reading is very important and book as to be the thing. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You discover good news or update in relation to something by book. Many kinds of books that can you choose to adopt be your object. One of them are these claims Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers.

**Download and Read Online Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz #A37SEZKCVG1**

# **Read Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz for online ebook**

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz books to read online.

## **Online Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz ebook PDF download**

**Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz Doc**

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz Mobipocket

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz EPub

A37SEZKCVG1: Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers By Dave Markowitz