



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

By Dave Markowitz

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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!

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Editorial Review

From the Author

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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

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