



Shielding 101 (Paperback)

By Dr Christopher J Maloney Nd

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do other people drain you? Does the world get to you? You may be an empath, someone who feels the emotions of those around them. While this can make you a wonderful friend and counselor, it can also mean that you have difficulty blocking out the negativity of others. Most empaths aren't fully aware of how much they allow others to affect them. Some choose jobs where they are under constant demand and never have time for themselves. Others hide away, trying to pretend that they are immune to the toxic attitudes of their neighbors. Nothing is more troubling than having someone else ruin your whole day, leaving you exhausted. Dr. Maloney has been an empath much of his life. It makes him a good, caring doctor. But it also drains him and may have contributed to illness in his own life. Join him as he takes you through basic shielding techniques to help you keep focused in a crazy world. Whether you think of emotions as biochemical cascades in your brain or as energetic fields, these simple...



[READ ONLINE](#)
[4.17 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II

Other Books



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God? What does science prove?Why we were never...



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



And You Know You Should Be Glad

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...