



# 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

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:**

**Dawne Feliciano:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite reserve and reading a publication. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers. Try to make the book Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers as your pal. It means that it can to become your friend when you experience alone and beside associated with course make you smarter than in the past. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because

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### **Jaime Friend:**

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