



The Life of an Empath: Towards Hope

Lynne Woolfson

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Lynne Woolfson, clinical psychologist, and self proclaimed empath, describes in her book the Life an Empath, Towards hope, a detailed description of what an empath is, how to cope as an empath and how to understand emotional drainers too. Empaths are sensitive, kind and caring people who sometimes put other peoples needs above their own leaving themselves depleted and exhausted. If an empath understands themselves and protects against this, they can begin living with much more energy and vitality making the world a far better place in which to live. Understanding an empath, will help empaths but also society at large, bringing their light and clarity to others. The concept of a drainer is also explained. Empaths can often get so exhausted that they can become drainers. Drainers, who recognise some of these trains in themselves, can work on themselves so that they too can start bringing joy and light to others. An exciting self help book that is written simply and succinctly, making inexplicable ideas, explainable. A book that can change the way you think and change the way you live.

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