

Self-Care For The Self-Aware: A Guide For Highly Sensitive People, Empaths, Intuitives, And Healers By Dave Markowitz

By Dave Markowitz

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Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, Dr. Dave Steuer.

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Dave Markowitz. Dave Markowitz is an and his new book, Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives,

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As you will see after reading this, Dave is a gifted healer and writer. For those of you who are empathic souls, "healers" yourself or not, you will learn so much

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overly empathic, and many are extra sensitive to certain
foods, medicines, situations, and people. If you

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working with others on the path of self

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Very few people I know in person know I'm an empath. A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers BY DAVE MARKOWITZ PLEASE get