

# Download Highly Sensitive People Survival Guide

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A Survival Guide For Highly Sensitive People, Introverts & Empaths. Alex Myles March 29, 2015. ... empaths, highly sensitive people and introverts will always be exposed to toxic energies, which are capable of penetrating our own energy field and causing us harm. However, the more we integrate these simple methods and repeat them on a daily ...

If you're a highly sensitive person (HSP), you're in good company. HSP's make up some 20 percent of the population, individuals like you who both enjoy and wrestle with a finely tuned nervous system. You often sense things that others ignore such as strong smells, bright lights, and the crush of crowds. Even the presence of strangers in your immediate vicinity can cause you considerable ...