

# **Self-Care For The Self-Aware: A Guide For Highly Sensitive People, Empaths, Intuitives, And Healers**

## **By Dave Markowitz**

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Dave Markowitz helps empaths, intuitives, A Guide for Highly Sensitive People, Empaths, and Healers and specializes in working with others on the path of self <http://www.positivehealth.com/author/dave-markowitz>

3 quotes from Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers: We are all connected metaphysically, <http://www.goodreads.com/work/quotes/27051896-self-care-for-the-self-aware-a-guide-for-highly-sensitive-people-empa>

HSP Resources. Links: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers. by Dave Markowitz . The Sensitive Self. <https://journeyingwithsensitivity.wordpress.com/working/hsp-ressources/>

What are Empaths? 1/19/2015 0 Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers, by Dave Markowitz; <http://eng.loveandlivewellness.com/blog/what-are-empaths>

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<http://www.amazon.com/Self-Care-Self-Aware-Sensitive-Empaths-Intuitives/dp/1452578567>

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<http://www.bigrivergifts.co.uk/gift-suggestion/0/1479223263.aspx>

View Dave Markowitz's professional profile on LinkedIn. Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers (Link)

<https://www.linkedin.com/pub/dave-markowitz/91/a97/67a>

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<https://www.linkedin.com/pulse/who-empaths-daphne-struve>

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<http://connection.ebscohost.com/c/book-chapters/28787743/chapter-14-professional-self-awareness-self-care>

Are You A Highly Sensitive Person? I suggest looking at your sensitivity and the changes that have to be made in your lifestyle as an opportunity for self

<http://www.enlightenmentissexy.com/how-to-tell-if-youre-a-highly-sensitive-person/>

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<https://store.kobobooks.com/en-CA/ebook/self-care-for-the-self-aware>

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<http://www.amazon.com.au/Highly-Sensitive-Person-Elaine-Aron-ebook/dp/B00GT1YES8>

Dave Markowitz helps empaths, intuitives, Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives,  
<http://www.positivehealth.com/article/mind-matters/when-all-else-fails-to-heal-you-part-ii-for-highly-sensitive-people-empaths-intuitives-healers-and-m>

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers  
<http://www.davemarkowitz.com/books.php?page=selfcare>

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers  
[http://www.complaintsrgreat.co.uk/amazon\\_store/item/1452578567](http://www.complaintsrgreat.co.uk/amazon_store/item/1452578567)

Whenever There s A Storm, In Dave Markowitz s book Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths,  
<http://www.selfgrowth.com/articles/whenever-there-s-a-storm-open-both-doors>

Event description at East West Bookshop of Seattle and author of Self-Care for the Self-Aware: A Guide For Highly Sensitive People, Empaths, Intuitives,  
<http://www.eastwestbookshop.com/events/6973>

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  
<http://empaths.tribe.net/thread/ebcfbc10-280c-45f5-9cf7-e15472851c01>

May 24, 2015 Dave Markowitz is a medical intuitive who has helped thousands on their journey toward wholeness. Dave can intuit if your pains and illness aren t your  
<http://www.youtube.com/watch?v=p7pUhl1Qakl>

The curriculum Fox Valley's University of Wisconsin Department of Family Medicine residency program is intensive and comprehensive.  
<http://www.fammed.wisc.edu/aware-medicine/self>

2:00 PM ET Today s Rising Stars are Dave Markowitz, A Guide for Highly Sensitive People, Empaths, helping them to realize their whole self by  
<http://podcast.ontimes.com/e/the-psycho-spiritual-side-of-illness-depression-happiness-soul/>

3 quotes from Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers: We are all connected metaphysically,  
<http://www.goodreads.com/work/quotes/27051896-self-care-for-the-self-aware-a-guide-for-highly-sensitive-people-empa>

The Highly Sensitive Person's Survival Guide: Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers by Dave  
<http://www.amazon.com.au/Highly-Sensitive-Persons-Survival-Guide-ebook/dp/B008RYMYQ4>

You're not alone, and there is an answer. If you're still lethargic, or can't focus, or feeling lost, there is a reason. If you've got physical ailments, are  
<http://www.davemarkowitz.com/SelfCare.php>

Dave Markowitz is a medical intuitive who has helped thousands on their Past Lives and Altered States Hot A Guide for Highly Sensitive People, Empaths,  
<http://ncreview.com/interviews/empaths-past-lives-and-altered-states>