



The following is a list of resources I have compiled that I have found helpful. There are links to relevant articles, tools, and other information that I have picked out to help you on your empath journey.

<https://drjudithorloff.com/empaths-compassion-mirror-neurons/>

<https://drjudithorloff.com/the-best-worst-jobs-for-an-empath/>

<https://drjudithorloff.com/what-is-an-energy-vampire/>

<https://www.hedischaefer.com/amp/the-map-of-consciousness-explained>

<https://www.naturehealingsociety.com/articles/solfeggio/>

<https://highlysensitiverefuge.com/forest-bathing-highly-sensitive-people/>

<https://www.kindearth.net/the-importance-of-grounding-for-empaths-and-sensitive-people/>

https://www.washingtonpost.com/blogs/on-parenting/post/parenting-an-introvert-in-an-extroverts-world/2012/01/31/glQAqmM1fQ_blog.html#pagebreak