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Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book)

By Rose Rosetree



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Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) By Rose Rosetree

Ever worry that your sensitivity is a curse? Get skills with the system of Empath Empowerment (TM). Then you can enjoy your life as never before.

This book gives you an easy 30-day plan. Read one short chapter, then spend just 10 minutes a day practicing. But those 10 short minutes will add up to something big.

Wherever you go, and regardless of whom you're with, you can become The Most Important Person in the Room. People will respect you more. (And you can actually help them more too, if you wish.)

It's the most practical program ever for empaths. But it's not only helpful for empaths. This book can make your life better if you're:

- * A Highly Sensitive Person
- * Single and hating it
- * Co-dependent (or recovering from codependency)
- * Leaving a difficult love relationship
- * Dealing with a narcissist or bully
- * Feeling vulnerable to psychic attack
- * At a stage in your life where you are trying to find yourself

Why? Problems like these can be related to your basic sense of self. And this is a book to strengthen your experience of who you really are.

In this witty, fast-paced book, Rose Rosetree gives you the benefit of what she has learned over the past decade, teaching and giving personal sessions for empaths internationally.

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- Sales Rank: #156029 in Books

- Brand: imusti
- Published on: 2009-09-14
- Original language: English
- Number of items: 1
- Dimensions: .80" h x 5.50" w x 8.40" l, .90 pounds
- Binding: Paperback
- 250 pages

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Editorial Review

Review

Subject: Empaths, people able to sense emotions of others, and project emotions (or more) may experience emotional pain without awareness of the source.

The author provides a 30-day course to Empath Empowerment; inner growth, and ability to turn the gift on or off.

The author, a recognized empath expert, published the first self-help book for empaths, *Empowered by Empathy*.

Noteworthy: Instead of teaching how to protect against energy vampires, the 30-day course spurs positive inner growth resulting in the ability to control one's mental health.

The book is totally interactive, providing fresh empowerment secrets, assignments, quizzes, mental exercises, visualization, tests, and more.

The Skilled Empath will enjoy a positively enhanced reality. --Mindquest Review of Books

Rosetree, a prolific author of unconventional self-help books, is back, and this time she s determined to help build upon the skills of *empaths*, people who have the gift (or curse) of experiencing deeply the physical, intellectual, emotional, environmental, or spiritual pain of others. Subtitled *Your 30-Day Plan for Empath Empowerment*, this book provides step by step instructions aimed at managing and building upon such traits for your own spiritual enrichment and the benefit of others while you regain and maintain a sense of your own importance. --Brandeis University Magazine

Confidence exudes strongly. *Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment* discusses empathy and empaths, people who feel the pain of others more strongly than typical empathy.

This skill, writes expert Rose Rosetree, can be quite the plague when one doesn't know how to control it.

Stating that strong empathy is a good skill to have at times and a problem to have at others, *Become The Most Important Person in the Room* for those who want to control their empathy.

--Midwest Book Review

Rosetree, a prolific author of unconventional self-help books, is back, and this time she s determined to help build upon the skills of *empaths*, people who have the gift (or curse) of experiencing deeply the physical, intellectual, emotional, environmental, or spiritual pain of others. Subtitled *Your 30-Day Plan for Empath Empowerment*, this book provides step by step instructions aimed at managing and building upon such traits for your own spiritual enrichment and the benefit of others while you regain and maintain a sense of your own importance. --Brandeis University Magazine

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--Midwest Book Review

From the Author

The system of Empath Empowerment® can help you enormously. This is a unique method -- systematically taught and internationally tested. And for born empaths like us, it is the ultimate form of New Age Mental and Spiritual Healing.

Ever since writing the first book for empaths in English ("Empowered by Empathy") I have worked to refine what Empath Coaching could be.

Please consider that I did this to help YOU, because I'm here to help you to benefit from all that experience.

I have created a series of Empath Empowerment® Books to help you to use your full potential as an empath (and a person). Because we empaths are the ultimate in Highly Sensitive Persons. Did you know? Every empath is a highly, highly sensitive person. And we suffer until we get skills that work to help us use your special empath gifts.

Here are some ideas to help you decide which type of empath training to use when.

- Series Book One. *"Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment"*

250 pages in paperback. **Yes, this is the empath training book you're considering now!**

You might wish to start here. This training for empaths is simple and practical, a very human approach to gaining empath basics and beyond. You will learn all three parts of Empath Empowerment®:

1. Discovering which lifelong gifts you have.
2. Effortlessly turning OFF all your empath gifts.
3. You will even learn "Magic Picture," an amazing technique for turning your empath sensitivity ON at will. Powerfully, strongly, safely. That's called "Skilled Empath Merge." And it's the ultimate in reading people with deeper perception.

My tip: Keep this book around after you read it the first time. Each time you cycle through, you'll increase your skill level.

What makes this book special? You'll find the easiest way in the world to become a skilled empath. Just do one short chapter a day, and up to 10 minutes for homework. After one month, voila! You're a skilled empath.

- Series Book Two. *"The Empowered Empath: Quick & Easy: Owning, Embracing, and Managing Your Special Gifts"*

176 pages in paperback.

When you're ready to progress even more as an empath, go for either this book or Book Three. Quick & Easy is about half the size of Book Three. This one delivers the basics, covering exactly what you need to know most for depth skills as an empath.

Basics about what to do when and how. This is THE essential resource for empaths.

Deep is the key word here. This training deepens your understanding of *what* it really means to be an empath, *why* empaths suffer, and *how* to stop suffering because of misunderstood gifts.

Many deep skills are taught, building up to the super-duper one, "Coming Home." (This is the most powerful technique I teach anywhere in the world for turning empath gifts OFF.) Results come effortlessly. You develop a slightly different way of using awareness. Awakening your sense of self, it becomes your usual habit to keep your empath gifts turned OFF unless you are purposely turning them ON.

My tip: You could choose this book as your first one for learning Empath Empowerment®. Most of my students prefer starting with "Become The Most Important Person in the Room" because that one emphasizes human life more. But "The Empowered Empath" helps you to understand more about consciousness. *All of this is explained in a way that makes it easy to gain results.*

What makes this book special? "The Empowered Empath" is the first book anywhere to describe what happens during subconscious Split-Split-Second Empath Merge and Prolonged Empath Merge, offering highly effective techniques to end these subconscious habits. Because these feel good at the time but are unskilled forms of empath merge that will always junk up your aura.

Find out why this happens, including the meaning of the unpleasant problem of "Imported STUFF." Hint: *When people worry about energy vampires and psychic attack, coming from outside, this is usually a problem about Imported STUFF. Empaths alone are responsible to stop causing that, unintentionally, for ourselves.*

Let this book teach you how to stop all unskilled empath merge, which will automatically protect you energetically. Another important part of this self-help training is that you explore 15 different gifts that you might have as an empath.

Please know this, my fellow empaths: You can gain ease and flow and empowerment as an empath -- far beyond what is known today by most empaths in the world. Practical benefits follow for your relationships, for parenting, for work, for hobbies, for self-esteem.

- Series Book Three. ***"The Empowered Empath: Owning, Embracing, and Managing Your Special Gifts" (Expanded Edition)***

322 pages in paperback.

Just like Book Two, only this is the expanded edition! Choose this empath book if you like to understand what to do and also *why to do it*.

What makes this book special? This is THE depth book for gaining Empath Empowerment skills. Many of us empaths need to gain depth understanding along with depth skills. That combo does something like scratch an itch we have had for as long as we can remember. It isn't easy, being born as a highly, highly sensitive person. But, with skills, your empathic nature will reward you big time.

- Series Book Four. ***"The Master Empath: Turning on Your Empath Gifts At Will in Love, Business and Friendship (Includes Training in Skilled Empath Merge)"***

188 pages in paperback.

Take your empath skills further, while strengthening your sense of self even more. "Skilled Empath Merge" allows you to purposely experience what it is like to be someone else -- directly, powerfully, clearly, safely.

My tip: This is my only book for empaths that needs to follow another how-to in the series of Empath Empowerment(R) Books. First read either "The Empowered Empath: Quick & Easy" or "The Empowered Empath: Owning, Embracing, and Managing Your Special Gifts."

Because this book assumes you know the basics and are ready for the most advanced empath techniques imaginable. (Yet, rest assured, the techniques in "The Master Empath" are safe and balanced and very well tested. See the Rose Rosetree website for details about my international practice with energy spirituality healing and more.)

What makes this book special? Leading-edge techniques prepare you to do research in person, from photos, from videos. The sequence of instruction makes your learning easy and natural. But let's be clear. With these advanced empath skills *you can become one of the first in the world to access this depth of inside information... about anybody you choose.*

Let me help you to celebrate your empathic nature, nurturing your empathy until it becomes a powerful way to improve your life. Don't ever fear being an empath is a curse. With skills, you'll see. Being an empath is such a blessing, a huge advantage that can help you to find your heart's desire and live it.

From the Back Cover

Got Pain? Unskilled empaths suffer from emotional pain that actually belongs to others. The suffering starts at birth and continues either until death or until becoming a Skilled Empath. (Now there's a choice!)

Empaths aren't rare freaks of nature. One in 20 Americans is born as an empath.

Which means what? Empaths have at least one gift for depth experience of others, whether physically, intellectually, emotionally, environmentally or spiritually. Does that sound like you... to you?

Then know that empaths randomly pick up pain belonging to others. This book explains *why* that happens and *what* to do about it -- how to turn your gifts OFF most of the time, plus amazing techniques to purposely turn your gifts ON.

How long is required for you to become a Skilled Empath? Our 30-Day Plan takes just minutes each day.

Learn the big secret most empaths don't know.

Becoming skilled as an empath will wake you up from the inside. So a side effect of this training is that you can become more vibrant, sexy, respected, maybe earn more money, definitely have way more fun.

Rose Rosetree pioneered the system of Empath Empowerment.

Find FAQs, articles and community at the Rose Rosetree website.

Rose Rosetree has more experience teaching empaths than anyone else alive. In 2001 she published "Empowered by Empathy," the world's first self-help book for empaths.

Teaching internationally, Rose continued to refine her method of Empath Empowerment. Eventually she developed the super-practical 30-Day Plan in this book.

What will your life be like as a Skilled Empath? Find out.

Users Review

From reader reviews:

Paula Jackson:

As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make these keep up with the era which is always change and make progress. Some of you maybe will certainly update themselves by reading books. It is a good choice for you personally but the problems coming to a person is you don't know what kind you should start with. This Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) is our recommendation to make you keep up with the world. Why, because book serves what you want and need in this era.

Angel Gardner:

Now a day those who Living in the era everywhere everything reachable by match the internet and the resources inside it can be true or not require people to be aware of each details they get. How people have to be smart in having any information nowadays? Of course the reply is reading a book. Reading through a book can help persons out of this uncertainty Information especially this Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) book since this book offers you rich facts and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it everbody knows.

Jennifer Phinney:

The reserve with title Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) possesses a lot of information that you can study it. You can get a lot of advantage after read this book. This specific book exist new knowledge the information that exist in this guide represented the condition of the world at this point. That is important to yo7u to be aware of how the improvement of the world. This kind of book will bring you within new era of the globalization. You can read the e-book with your smart phone, so you can read that anywhere you want.

Ralph Pettie:

That book can make you to feel relax. This book Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) was bright colored and of course has pictures on there. As we know that book Become The Most Important Person in the Room: Your 30-Day Plan for Empath Empowerment (Empath Empowerment® Book) has many kinds or category. Start from kids until young adults. For example Naruto or Private eye Conan you can read and believe that you are the character on there. So , not at all of book tend to be make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading in which.

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