



# The Highly Sensitive Empath: Feeling Skinless in a Sandpaper World

*Gigi Miner*

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## **The Highly Sensitive Empath: Feeling Skinless in a Sandpaper World** Gigi Miner

Do you at times feel as if you're too sensitive for this world? Have other people told you you're "too sensitive"? Have you researched the Highly Sensitive Person and found it helpful but still feel something is missing?

Welcome to the world of the Highly Sensitive Empath. Using the term merely as a focal point, The Highly Sensitive Empath explores what it feels like to be so vulnerable and yet have so many strengths the rest of the world may know nothing about.

Written with humor and in a down-to-earth manner, the author shares personal experience and common sense to ease the burden so many sensitives feel in their walk. Advice, ideas, creative outlets are all part of this book.

Maybe you just know that you're "different" and are looking for a kindred spirit – The Highly Sensitive Empath may be a good place to start.

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