

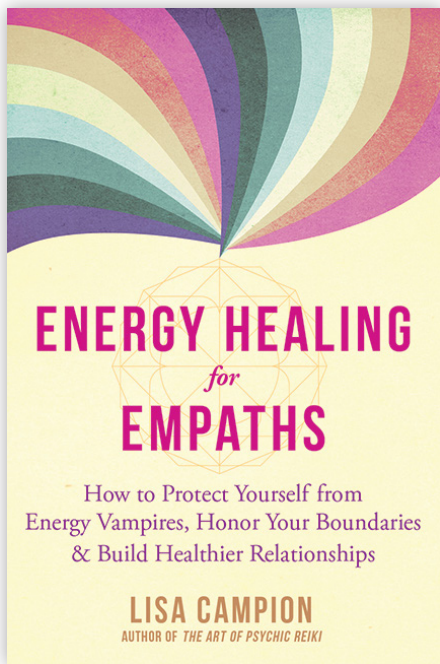


# ENERGY HEALING *for* EMPATHS

How to Protect Yourself from  
Energy Vampires, Honor Your Boundaries  
& Build Healthier Relationships

**LISA CAMPION**

AUTHOR OF *PSYCHIC REIKI*



February 2021 / 978-1-68403-592-2

\$18.95 / 6 x 9 / 208 pages

- Empaths are highly sensitive individuals who have the keen ability to sense what people around them are thinking and feeling, often to the point of taking on the pain of others at their own expense.
- Using the basic energy management skills laid out in this guide, empaths will learn to build the boundaries they need in order to fully embrace their gifts.
- Lisa Campion is a psychic counselor and energy healer for over 25 years. She has taught many empathic people how to harness and fully embody their gifts.

# *Energy Healing for Empaths*

*How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships*

**LISA CAMPION**

The practical skills you need to keep your energy safe and secure!

Do you struggle with drawing and maintaining boundaries when dealing with the people in your life? Are you highly sensitive and attuned to other's feelings and energy, to the point where you can't tell where their energy ends and yours begins? Do you have trouble protecting yourself from "energy vampires?" If so, you're probably an empath—and in need of some guidance. Fortunately, there are practical ways to stay balanced and keep your energy safe and secure.

From energy healer and psychic trainer Lisa Campion—author of *The Art of Psychic Reiki*—this healing guide will help you cultivate the energy management skills you need to cope with energy vampires and narcissists, increase your own vitality, and fully embrace your unique gifts. You'll learn all about:

- The three types of energy vampires and how to spot them
- Basic energy management skills to keep your energy strong and robust
- Practical ways to protect your time, energy, and money from an energy vampire
- When to cut your losses and get away, and what to do when you can't
- Psychic self-defense—how to handle a psychic attack
- What to do if *you're* an energy vampire
- And how to diagnose a spiritual issue—not all energy vampires are people!

If you're empathic or highly sensitive, it's almost second nature to put others needs before yourself or take on the problems of the world. But what about *your* happiness? *Energy Healing for Empaths* offers everything you need to heal your energy and maintain healthy boundaries with others—so you can be happy, healthy, and in control of you.

For more information, contact Kelley Twombly

[info@lisacampion.com](mailto:info@lisacampion.com)

Lisa Campion ||| 508-473-0609 ||| [lisacampion.com](http://lisacampion.com)

# *Energy Healing for Empaths*

*How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships*

by **LISA CAMPION**



## About the author Lisa Campion

Lisa is the author of the #1 best-selling book, “The Art of Psychic Reiki.” and the upcoming book "Energy Healing for Empaths" (New Harbinger Press).

Lisa Campion is a psychic counselor and Reiki master teacher with over twenty-five years of experience. Lisa has been teaching Reiki for over 20 years. She has trained more than one thousand people in Reiki and has conducted more than fifteen thousand individual sessions.

She is also the host of the radio show and podcast, The Miracle of Healing on Empower Radio. She specializes in training emerging psychics, empaths, and healers so that they can fully step into their gifts since the world needs all the healers that it can get!

## Social Networking Information

Website - [www.lisacampion.com](http://www.lisacampion.com)

Facebook - <https://www.facebook.com/lisaxcampion>

Twitter - <https://twitter.com/lisacampion>

Instagram - <https://www.instagram.com/lisaxcampion/>

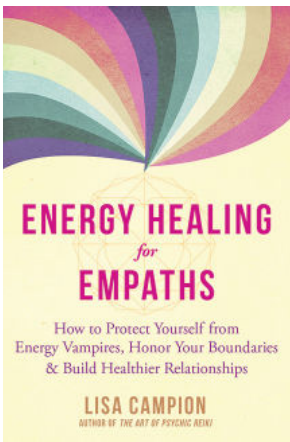
Youtube - [https://www.youtube.com/channel/UCnvOvLs14nF1ZjTLLp9mjag?view\\_as=subscriber](https://www.youtube.com/channel/UCnvOvLs14nF1ZjTLLp9mjag?view_as=subscriber)

LinkedIn - <https://www.linkedin.com/in/lisa-campion-b6b6b85/>

For more information, contact Kelley Twombly

[info@lisacampion.com](mailto:info@lisacampion.com)

Lisa Campion ||| 508-473-0609 ||| [lisacampion.com](http://lisacampion.com)



# *Energy Healing for Empaths*

*How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships*

by **LISA CAMPION**

## INTERVIEW QUESTIONS

**QUESTION ONE:** Why did you write the book? What is your background?

**QUESTION TWO:** What is an empath/empathic personality? What are some of the attributes of an empath?

**QUESTION THREE:** In your book, you say being an empath can be a double-edged sword. Why is that?

**QUESTION FOUR:** In your book, you share helpful tips for fully thriving as an empath. Can you tell us a few?

**QUESTION FIVE:** What is grounding? What are some helpful exercises for grounding ourselves?

**QUESTION SIX:** In your book, you talk about the importance of good boundary setting. Tell us more.

**QUESTION SEVEN:** How do I know when I need to set a boundary?

**QUESTION EIGHT:** What are energy vampires?

**QUESTION NINE:** What do I do if I'm under psychic attack from an energy vampire?

**QUESTION TEN:** How can I tell if I'm being drained by an energy vampire?

**QUESTION ELEVEN:** Have you had personal experience with energy vampires?

**QUESTION TWELVE:** How do I know if I'm an energy vampire? What do I do if I am?

**QUESTION THIRTEEN:** What makes someone an energy vampire?

**QUESTION FOURTEEN:** What is a situational energy vampire?

For more information, contact Kelley Twombly

[info@lisacampion.com](mailto:info@lisacampion.com)

Lisa Campion ||| 508-473-0609 ||| [lisacampion.com](http://lisacampion.com)

# Energy Healing for Empaths

*How to Protect Yourself from Energy Vampires, Honor Your Boundaries, and Build Healthier Relationships*

**LISA CAMPION**



Photography by Ksenia Trikoz (www.verdistudio.com)

LISA CAMPION is a psychic counselor and Reiki master teacher with more than twenty-five years of experience. She has trained more than one thousand practitioners in the hands-on, energy-healing practice of Reiki, including medical professionals; and has conducted more than fifteen thousand individual sessions in her career. Based near Providence, RI, she specializes in training emerging psychics, empaths, and healers so they can fully step into their gifts—the world needs all the healers it can get!

Praise

"I wish I could have read this book at age thirteen. It wasn't until I reached my forties that I had some notion of what it meant to be an empath. This book spells it out in relatable stories, exercises, and instruction that will help empaths of any age. Thank you for sharing your knowledge with us, Lisa. We've needed this book for a long time."

—**Jacob Nordby**, author of *Blessed Are the Weird* and *The Creative Cure*

"*Energy Healing for Empaths* is a highly entertaining and informative book that any sensitive person will benefit from reading. For highly sensitive persons (HSPs), empaths, and healers of any sort, it is a must-read. From a basic understanding of empathy to setting boundaries, from the rules of conscious relationship to highly effective energy clearing techniques for the healing professional, *Energy Healing for Empaths* covers all the bases!"

—**Cate Montana**, author of *The E-Word* and *Apollo and Me*

"Lisa delivers much-needed tools for empaths in a time we need them most. She describes the complications of energy cords within relationships in a way that makes it really easy to understand, and offers helpful practices to assist with boundaries and protection. Anyone who feels like they're too much of an emotional sponge for this world would benefit greatly from this book!"

—**Ora North**, author of *I Don't Want to Be an Empath Anymore*

"At last! An informative, easy-to-read, useful book that offers understanding and fresh insights to empaths and non-empaths alike. Read it and learn from Lisa, who has transformed her own energetic sensitivities into grounded superpowers."

—**Jac O'Keeffe**, author of *Born to be Free* and *How to Be a Spiritual Rebel*, and cofounder of the Association for Spiritual Integrity

For more information, contact Kelley Twombly

[info@lisacampion.com](mailto:info@lisacampion.com)

Lisa Campion ||| 508-473-0609 ||| [lisacampion.com](http://lisacampion.com)