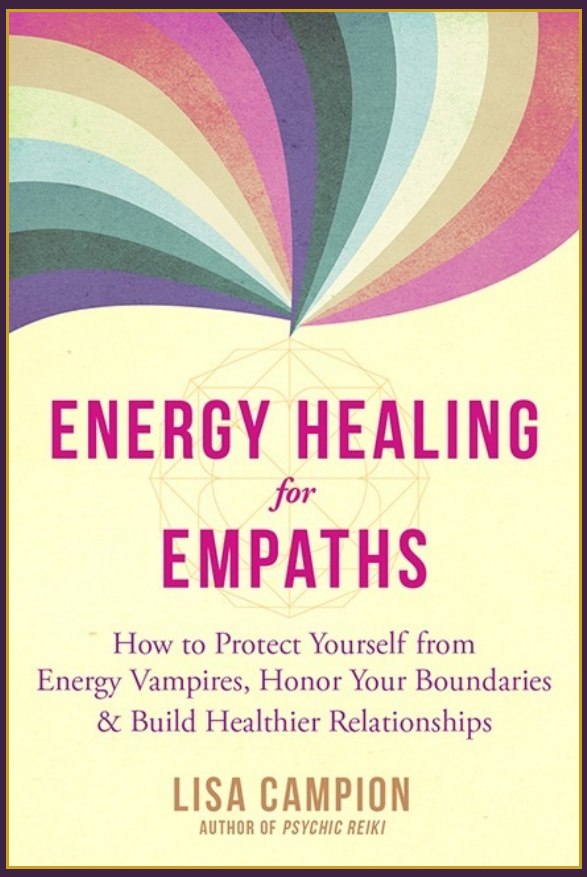
PRESS & MEDIA KIT



Energy Healing for Empaths

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

Lisa Campion

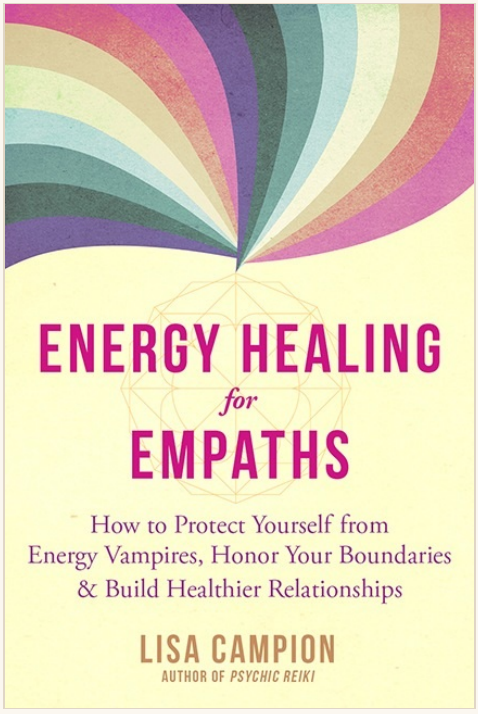
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WWW.LISACAMPION.COM

ABOUT THE BOOK

Energy Healing for Empaths

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



PUBLISHER
New Harbinger Publications

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February 2021

ISBN
978-1-68403-592-2

FORMAT
$18.95 · 6 x 9 · 208 pages

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

Have you been living in the shadow side of this gift, feeling like your sensitivity is a curse? Are you constantly overwhelmed by other people's feelings, thoughts, and energy cluttering up your inner space? Are you exhausted by the people in your life because you are a natural magnet for every energy vampire in a twenty mile radius?

If so, you are probably an empath, and there is a cure for what feels like a curse. All empaths are meant to be healers, helpers, and caretakers, and the world needs them now more than ever.

From energy healer and psychic trainer Lisa Campion, author of *The Art of Psychic Reiki*, this healing guide helps 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.

WHAT READERS WILL LEARN

- 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 cannot
- Psychic self defense, including how to handle a psychic attack
- What to do if you are the energy vampire
- How to diagnose a spiritual issue, because not all energy vampires are people

Available now wherever books are sold. Order through Amazon, Barnes and Noble, or any independent bookseller. Review copies and cover art are available on request.

WHAT PEOPLE ARE SAYING

Praise for Energy Healing for Empaths

> *"I wish I could have read this book at age thirteen. 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 have needed this book for a long time."*
>
> Jacob Nordby, author of *Blessed Are the Weird* and *The Creative Cure*

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

> *"A highly entertaining and informative book that any sensitive person will benefit from reading. For highly sensitive persons, empaths, and healers of any sort, it is a must read."*
>
> Cate Montana, author of *The E-Word* and *Apollo and Me*

> *"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 cofounder of the Association for Spiritual Integrity



Lisa Campion. High resolution files available on request.

FOR PRODUCERS AND HOSTS

Suggested Interview Questions

EMPATHS AND ENERGY MANAGEMENT

01 Why did you write the book? What is your background?

02 What is an empath, and what are some of the attributes of an empathic personality?

03 In your book you say being an empath can be a double edged sword. Why is that?

04 You share tips for fully thriving as an empath. Can you tell us a few?

05 What is grounding, and what are some helpful exercises for grounding ourselves?

BOUNDARIES

06 You talk about the importance of good boundary setting. Tell us more.

07 How do I know when I need to set a boundary?

ENERGY VAMPIRES

08 What are energy vampires?

09 What makes someone an energy vampire, and what is a situational energy vampire?

10 How can I tell if I am being drained by an energy vampire?

11 Have you had personal experience with energy vampires?

12 What do I do if I am under psychic attack from an energy vampire?

13 How do I know if I am an energy vampire, and what do I do if I am?

14 Not all energy vampires are people. How do we diagnose a spiritual issue?

ABOUT THE AUTHOR

Lisa Campion

Training the healers the world needs



Lisa Campion is an author, psychic mentor, and Reiki master teacher who has spent more than 40 years helping people heal old patterns, trust their intuition, and become more fully themselves.

Lisa began working professionally as a psychic at 19 and has since conducted more than 15,000 individual sessions. For more than 27 years, she has taught Reiki, psychic development, and energy healing, training thousands of students to work confidently and skillfully with their intuition and sensitivity.

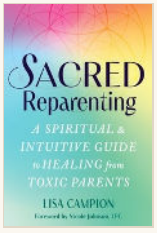
She is the author of *The Art of Psychic Reiki*, the award winning *Energy Healing for Empaths*, *Awakening Your Psychic Ability*, and *The Psychic Awakening Journal*. Her fifth book, *Sacred Reparenting*, is forthcoming December 1, 2026.

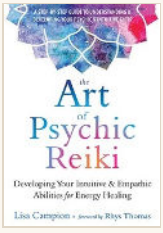
Lisa hosts The Miracle of Healing and teaches online programs in Reiki, psychic development, energy healing, and spiritual growth. Based near Providence, Rhode Island, she specializes in helping psychics, empaths, and healers understand their sensitivity, develop healthy boundaries, and trust what they perceive.

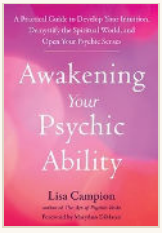
AT A GLANCE

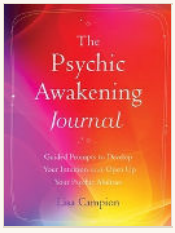
- 40+ years of professional experience
- Began working professionally at 19
- 15,000+ individual sessions
- 27+ years teaching Reiki
- Thousands trained in Reiki, psychic development, and energy healing
- Four published books; a fifth forthcoming
- Host of The Miracle of Healing
- Based near Providence, Rhode Island

ALSO BY LISA CAMPION









Sacred Reparenting arrives December 1, 2026. Advance and review copies can be arranged through the contact below.

PRESS & MEDIA KIT

Lisa Campion

Author, psychic mentor, and Reiki master teacher



BOOKING AND MEDIA INQUIRIES

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LINKEDIN	linkedin.com/in/lisa-campion-b6b6b85
PODCAST	The Miracle of Healing

EXPERTISE

- Sacred reparenting and inner-child healing
- Reiki and energy healing
- Psychic development and intuition
- Empaths, boundaries, and self-trust

Press assets

High resolution photographs, book cover art, approved bios, advance or review copies, and custom interview angles are available from info@lisacampion.com. New photography will be added following Lisa's upcoming photo shoot.