



## The Life of an Empath: Towards Hope

By Lynne Woolfson

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### **The Life of an Empath: Towards Hope** By Lynne Woolfson

Lynne Woolfson, clinical psychologist, and self proclaimed empath, describes in her book the Life an Empath, Towards hope, a detailed description of what an empath is, how to cope as an empath and how to understand emotional drainers too. Empaths are sensitive, kind and caring people who sometimes put other peoples needs above their own lLeaving themselves depleted and exhausted. If an empath understands themselves and protects against this, they can begin living with much more energy and vitality making the world a far better place in which to live. Understanding an empath, will help empaths but also society at large, bringing their light and clarity to others. The concept of a drainer is also explained. Empaths can often get so exhausted that they can become drainers. Drainers, who recognise some of these trains in themselves, can work on themselves so that they too can start bringing joy and light to others. An exciting self help book that is written simply and succinctly, making inexplicable ideas, explainable. A book that can change the way you think and change the way you live.

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## **Editorial Review**

### **About the Author**

I was born and raised in South Africa, where I completed my Master's Degree in Clinical Psychology in 1995 at the University of Pretoria, South Africa. Currently, I live and work in Melbourne, Australia, where I am married with three children. I am a registered clinical psychologist, accredited with Medicare Australia. I have been in private practice for over twenty years, and I have been fortunate to have worked with hundreds of patients from all walks of life and of all ages. To be allowed into my patient's personal world is both an honour and a privilege. To watch people transform their lives into something more beautiful, trusting, and hopeful makes my work very rewarding.

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