

## Dodging Energy Vampires An Empaths Guide To Evading Relationships That Drain You And Restoring Your Health And Power

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But they're also the favored prey of "vampires" who feed off empaths' energy and disrupt their lives on every level-physical, emotional, and financial.In *Dodging Energy Vampires*, Christiane Northrup, M.D., draws on the latest research in this exciting new field, along with stories from her global community and her own life, to explore the phenomenon of energy vampires and show us how we can spot them, dodge their tactics, and take back our own energy.

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Highly sensitive people-or empaths-see life through the eyes of compassion and caring. They were born that way. As a result, they carry a tremendous amount of inner light. But they're also the favored prey of "vampires" who feed off empaths' energy and disrupt their lives on every level-physical, emotional, and financial.

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Energy vampires can be hard to spot; wolves in sheeps' clothing-often charismatic, successful and good-looking. As empaths, we are equipped with attractive energy fields and the unique ability to feel compassion and care for even the darkest parts of humanity.

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*Dodging Energy Vampires* with Dr. Christiane Northrup - Are Toxic Relationships Draining Your Energy? Transcript. Ari Whitten: Hey everyone, welcome back to the Energy Blueprint Podcast. I'm your host Ari Whitten, and today I am honored to be joined by Dr. Christiane Northrup, who is a board-certified OB/GYN physician and New York Times bestselling author, a visionary, pioneer and leading ...

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You'll delve into the dynamics of vampire-empath relationships and discover how vampires use others' energy to fuel their own dysfunctional lives. Once you recognize the patterns of behavior that mark these relationships, you'll be empowered to identify the vampires in your life too.