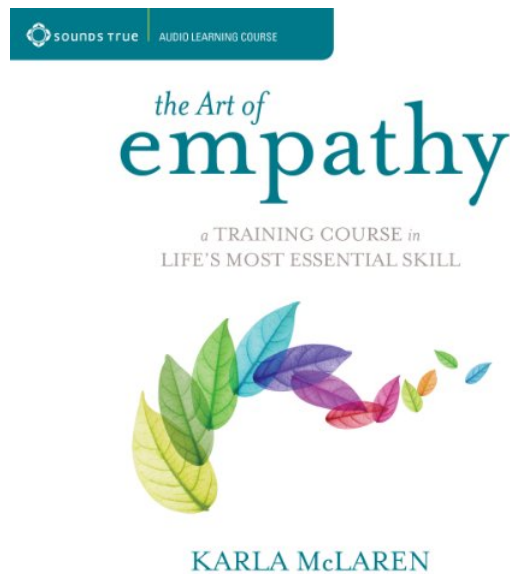


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THE ART OF EMPATHY: A TRAINING COURSE IN LIFE'S MOST ESSENTIAL SKILL BY KARLA MCLAREN PDF

Some of us are natural-born empaths - those with an exceptional gift for feeling and understanding the emotions, circumstances, and needs of others. But empathy, teaches Karla McLaren, is a universal human skill that we can all learn to awaken and use wisely. With The Art of Empathy, you will learn, step-by-step, the art of experiencing through the eyes and hearts of those around you - and to connect with and support them most effectively. Drawing on insights spanning social psychology, current brain research, and traditional healing and spiritual wisdom, this acclaimed teacher and author shows us how to:

- Discover and strengthen this natural social and emotional ability
- Prepare for empathy training by learning to identify and regulate our emotions and boundaries
- Move into the felt experience of others with authenticity and respect
- Stay rejuvenated on the empathic path through grounding, healthy boundaries, and replenishing with joy
- Improve our intimate relationships, parenting efforts, and workplace issues
- Expand empathy into our communities and the natural world

As our social landscape and ways of connecting continue to shift and evolve rapidly, empathy may be the most essential skill for navigating our emotional and interpersonal lives. The Art of Empathy provides us with the insights and training to master its many dimensions.

- Sales Rank: #14582 in Audible
- Published on: 2013-10-08
- Format: Original recording
- Original language: English
- Running time: 416 minutes

Most helpful customer reviews

3 of 3 people found the following review helpful.

Highly recommend

By Lila Davis

I have found this program an invaluable tool & resource, both personally & professionally. I think that empathy is a practice that we can all gain from nurturing & McLaren has presented a program here that is accessible to people at whatever level they are at.

0 of 0 people found the following review helpful.

BEST Book on Empathy ever!

By R. McIntyre

This book changed my life. I had no idea that I was a "hyper-empath" and that level of sensitivity made me shut down all of my emotions. I learned so much about balancing my emotions to create a more whole-some life, I am still amazed. The tools she developed and shares have given me to confidence to relax, let go of my

hyper-vigilance, and approach life as it comes, confident that I can handle it.

I highly recommend this book to everyone who has ever experienced an emotion or who hasn't felt emotions. It's a GEM!

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I had a hard time getting into this program. ...

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