

I Feel Too Much!

How-to Handle Your Empathic Sensitivities

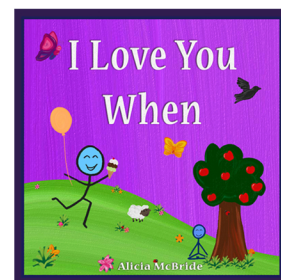
Alicia McBride is a leading voice for empaths today. She is the internationally best-selling author of *I Feel Too Much: A How-to Guide for the Beginner Empath* and *The Empath Effect: Powerful Stories of Love, Courage & Transformation* as well as the children's book *I Love You When*.

An empath and healer, she holds a B.A. in Psychology and is a reiki master and a certified yoga instructor. Enjoy her fresh and authentic perspective on helping empaths and other highly sensitive people understand how to use their gifts and navigate this world.



Story Ideas:

- * How to Open to Unconditional Love for Yourself: 5 easy techniques to practice self-love.
- * Empaths and Love: What to do when you already feel love for your date.
- * Is Being an Empath Your Superpower?
- * Learn How to Ground, Protect, and Shield Your Own Energy.
- * The Difference Between Being an Empath and Having Empathy.
- * How to Tell the Difference Between Your Energy and Someone Else's.
- * Getting in Touch with your Intuition: How to listen and follow your inner voice.
- * How to Handle Overwhelm and Exhaustion: The two major things you can do to change your life.



Appeared In:

The BookFest * Off the Cuff with Sunny Dawn Johnston * WWDB The Brian & Lee Show
Triangle Media Radio * East Brandywine & Kennett Square Neighbors Magazine * Daily Flash
WRUU 107.5 FM * Pop Off Radio 104.5 * Tom Barnard Show * Live @ 5 on KJDX/KSUE

"You have such an amazing message to share with the world, it's an honor to be a small part of that!" -Suzanne Lynn Cheeseman

