



The Sensitive Person's Survival Guide: An Alternative Health Answer to Emotional Sensitivity & Depression

Kyra Mesich Psy.D.

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"The Sensitive Person's Survival Guide is an outstanding contribution to body-mind healing and has our highest recommendation. Dr. Mesich explains the relationship between emotional sensitivity and psychic awareness in clear, accessible language, showing that such abilities should not be discredited but rather developed as genuine gifts." -Patricia Kaminski, Executive Director, The Flower Essence Society

The Sensitive Person's Survival Guide presents a radically new way of looking at emotional sensitivity, chronic depression and anxiety. Through her own experiences and courageous research, Dr. Kyra Mesich, a traditionally-trained psychologist, found that psychic sensitivity is the underlying key to understanding emotional sensitivity. Dr. Mesich focuses on empathic ability (also known as psychic feeling), which is the ability to literally feel other people's emotional experiences. This misunderstood ability often results in recurrent depression, anxiety and the painful aspects of emotional sensitivity due in part to society's denial and repression of the existence of psychic phenomena. With simple, down-to-earth language and examples, The Sensitive Person's Survival Guide demystifies empathic ability and explains the relationship between emotional sensitivity and psychic sensitivity. Readers learn specific alternative health remedies and practices to immediately implement in their own lives to rebalance their sensitivity and reconnect with their empathic ability. Armed with this knowledge, readers will experience relief from mysterious lifelong emotional suffering and turn their sensitivity into strength and joy! "People suffer in countless ways from their sensitivity, depression being the most common, and most are never properly diagnosed, only medicated. The Sensitive Person's Survival Guide gave me a ray of hope that the day is coming when the maladies of empathic p

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