



The Empathic INFJ: Awareness and Understanding for the Intuitive Clairsentient

By Jennifer Soldner

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Do you find public or crowded places overwhelming and draining? Does your mood change dramatically without any clear cause? Are troubled individuals attracted to you, unloading their problems on you without prompting? Do you sometimes “just know” things without understanding why? If so, you may be an empathic INFJ suffering through the inertia of each day wishing there was a way to find emotional consistency and confidence, longing to live a normal life. What if I told you that you could gain better control over your emotional state, freeing your life of constant fatigue and mental confusion? In this book, you will find:

- Descriptions and scientific studies which explain what it means to be an empathic INFJ.
- Knowledge about what is happening in your body and your mind.
- Practical and effective tools and techniques to apply to everyday living.
- Tips to help you cope when life feels overwhelming.
- Advice on living as an empathic INFJ in relationships, parenting and more!

Also look for The Empathic INFJ Workbook: Tools and Strategies for the Intuitive Clairsentient!

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Editorial Review

About the Author

Jennifer Soldner is the author of *A Look Inside a Rare Mind: An INFJ's Journal Through Personal Discovery*. She is the founder of INFJ Anonymous, a website devoted to helping other INFJs along their path of personal discovery. An INFJ, Empath and Highly Sensitive Person, she is also the author of the wildly popular article "Top 10 Things Every INFJ Wants You to Know." Find her at jennifersoldner.com.

Users Review

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