

*the Art of*  
**empathy**

a COMPLETE GUIDE to  
LIFE'S MOST ESSENTIAL SKILL



KARLA McLAREN

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## The Art of Empathy: A Complete Guide to Life's Most Essential Skill



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a skill that not only creates connection, but that assists us to become more effective in all areas of our lives. With *The Art of Empathy*, she teaches us how exactly to perceive and feel the experiences of others with clearness and authenticity—for connecting with them deeper and effectively. Informed simply by current insights from neuroscience, social psychology, and healing traditions, this book explores: Why empathy is not a mystical phenomenon but an all natural, innate ability that people can reinforce and develop How to identify and regulate our feelings and boundaries The process of shifting into the perspective of others How to supply support in a sensitive and healthy way Insights for navigating our hyper-connected cultural landscape Targeted chapters for enhancing family, place of work, and intimate relationships Ways to broaden our empathy to your community, global degrees of culture, and the organic world Empathy, reflects Karla McLaren, is the skill that builds bridges—Imagine if there were an individual skill which could directly and radically improve your relationships and your emotional life? Empathy, teaches Karla McLaren, is that skill.



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Great book on working with emotions and empathic skills Great book on dealing with emotions and empathic skills. Readable, and understand. Many thanks Karla for writing this guideline to ourselves. I got about halfway through the reserve and then quit for a few reasons. Excellent Book Karla McLaren is supporting me reclaim my feelings! This is a helpful, well-organized book with lots of practical tips. Five Stars good read in how to be more aware of peoples feelings and interactions with them.... Excellent book for anyone who wants to get in touch with themselves, understand others better and learn the art of feeling other's pain without taking it into themselves. I will also probably buy her various other books." I finished up skimming a lot because there wasn't very much new info. But I really like Karla's work, and find it invaluable. I've been in dark for several years but now I can see the light. And many thanks for making me feel just like I'm a individual and not some kind of weird creature who can't easily fit into. I could now fit in as I finally understood my strengths. Thank you for holding the area that set me free. Five starts. Lots of work getting up with the . Lots of work catching up with the terminology, and the information Karla presents. I am eternally grateful to have found this book. Five stars.. She actually is on the contrary end of the empathic continuum than I am, so I have a whole lot of work to do.. Amazing book Another one of these books that changed my entire life. I got approximately halfway through the book and then quit . Excellent book for anybody who desires to get in contact .. I specifically recommended it for all those working in therapy or the recovery arts, or those who find themselves highly delicate or empathic.- A lot of this content is unsurprising/apparent.- The content is normally unfocused.- The author spends too much time talking about herself. Great resource Appropriate for daily life. At times, I found it hard to check out the languaging, how she creates her own terms for various methods and references them through the entire book. Not so new, uses contrived words as a rubric .. The best book Ive read within the last year. Nearly the same as "Language of the Emotions" I actually was disappointed to see how much of this publication included information We had already read in another book by this writer, "The Language of Feelings. One of the few books I struggled, and failed, to complete. Not very new, uses contrived terms as a rubric, seems twisting the normal meaning of English. Once and for all. I found myself wishing the author had used fewer terms to get her stage across. The written text was tiny, and it was frustrating to invest so enough time combing through it for a couple points. The book continues to be useful, but I was disappointed. Amazing and deep book This woman isn't dumb!. You will end up affected by this reserve to The core



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