



Dodging Energy Vampires: An Emotional and Physical Healing Manual for Empaths and Other Highly Sensitive People

Christiane Northrup

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This book is about owning and celebrating your highly sensitive, empathic nature for the gift it truly is to society and to the planet. Highly sensitive empathic people carry huge amounts of inner light because they see life through the eyes of compassion and caring. Always. They were born that way. But it's also a manual for how to repair your wounded self-esteem and self-worth and step out of the victim role that you may have been assigned in your family of origin. Or by society.

And most importantly, this book will assist you in identifying and warding off the most common types of energy vampires who feed on your energy and make you susceptible to health, emotional, and financial problems. Here you will find explicit instructions for how to identify and separate from energy vampires so that they are no longer using your energy to fuel their dysfunctional lives. The end result is this. You will find yourself healthier, happier, wealthier, and more vibrant than you ever believed possible.

Dodging Energy Vampires: An Emotional and Physical Healing Manual for Empaths and Other Highly Sensitive People Details

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From Reader Review Dodging Energy Vampires: An Emotional and Physical Healing Manual for Empaths and Other Highly Sensitive People for online ebook

Rachel Nancy says

Amazingly insightful. Loved how it made me feel ok to be me. Being a Lightworker and Empath helps me understand why I am the way I am now and happy to accept. I have learnt about healthy boundaries with these energy thieves too. A book for everyone, even the predators. As much as they will deny it when confronted, a book may seep into their subconscious and amend some of their ways. Are you someone with an undiagnosed Character Disorder?

Lisa says

Practical and passionate guide for people (especially female empaths) in dealing with others' energy. Dr Northrup guides her reader on a journey through healing into empowerment. She doesn't hang out in "Victimville" after listing the warning signs of and damages wrought by vampiric personalities. Instead she tags and releases these lower-vibrational parasites in order to concentrate on healing and boosting lightbearers in shining and sharing their healing light with a wounded world. Her medical knowledge weaves organically with her metaphysical studies to create a smart, grounded approach in achieving wellness and wholeness.

Michelle Leduc Catlin says

When I first hear about this book, I was suspicious that the title might be a kind of marketing gimmick. Vampires? Really? But since it was written by someone I respect, and since I was dealing with a particularly challenging relationship, I decided to give it a try. I don't know how Dr. Northrup has time to give so much, but she does not hold back here. In fact, she exceeded my expectations. Not only did she make a credible case for energy vampires, but she packed the book with powerful resources. I would recommend this to any of my fellow "sensitive" sisters and brothers.

Renee says

Valuable information but I hate labels and think that the nature of every human is to be an empath, some just hone the skill more than others. Why do we feel the need to tap into the new age energy worker crazed labels... why can't we just talk about the problem like human beings with human problems and not elevate it to levels with new age labels that make most people feel this is out of their reach, not for them or even worse - woo woo new age bs.

The author explains that energy vampires aren't likely to change and that change has to occur within the victim for the victim to survive the experience and grow. Yes, we all need to know how to identify energy

vampires and acknowledge that the phenomena is real because as the book concludes, we'll see a different world if we respond accordingly. This book provides that information and even points out the value of the lesson (the author thanks the energy vampires who taught her to change in order to survive and create a better life for herself).

You can look to this book for effective information for simple everyday contacts and uncomplicated or temporary relationships but don't expect to be able to work with it to solve serious relationship problems, like marriage. As the author advises - seek professional counsel because it's not a one size fits all solution within the pages of her work. She gives examples from the lives of other people but without complete details, you shouldn't consider that advice to act on even though the stories may seem familiar.

For more complicated relationships like marriage or immediate family, you can't and shouldn't think that just walking away is going to solve your problem. A fine example was given of a father/daughter relationship that the daughter did not walk away from, she just adjusted her interactions - brilliant! Just as your life experiences got you into the problem, you are responsible for finding your own solutions so as not to repeat your mistakes.

In marital relationships, you're going to have to dig deep and ask yourself how you got there in the first place. Don't expect a book to help you with that. Sadly, I worry about readers looking to this book for that type of advice and in this regard, maybe more emphasis should have been placed on the responsibility of the undertaking. Don't get me wrong, it's there but in a book like this I think that it should be repeated with every example given because of the segment of our population looking for the magic pill to solve their problems. This is serious business and requires serious work and hard choices. Most just want to walk away from their problem not realizing that it's their baggage that caused the problem in the first place. Identify your baggage with a professional, understand and work on unloading the baggage and maybe then you'll be ready to take responsibility for yourself and then deal with your vampires accordingly.

As a lawyer, I've seen many unhappy marriages end without resolution and I've watched the participants move on to equally unhappy second marriages (or more) because they didn't take responsibility for their actions. I don't think this book gave enough attention to that problem. Energy vampires don't just happen without willing participants and as this book concludes, we need to become the world in which we want to live.

Rebekah Knapp says

So, this book is weird. You should get that from the title. But, if you are seeking some guidance as to why you tend to meet up with people that feel like they suck your life essence out of you, this is an interesting and engaging way to hear an opinion and recommendation on the matter. Of course we need to set boundaries. But, that is hard, so it is great to let someone reassure that it is ok to feel taken advantage of but you just gotta do what is healthy for yourself. I didn't agree with some of the suggestions, but I appreciate the sentiment and am happier for having read (listened on Audible) this book.

Maxine (Booklover Catlady) says

The concept of this book is good and I had high hopes. I totally am one of those people where if I'm around

negative or flat people I feel my moods impacted and if in a long relationship end up drained and lost. Dead inside. My energy stolen.

My huge issue with this book is how it's explained from a new age perspective not psychological. All the talk of how older souls who've reincarnated lots of times and what-not had me give the research no validation. It's like saying because your aura is red you are a bad personality type stuff.

It was way too subjective and I think the author has taken a very real psychological event and turned it into new age teaching as that's her belief system. It's not facts though. And people who suck the energy from us do have groundings in psychology. Narcissists do, emotional abusers do, manipulators do - heck get into relationship with one of them and if you escape you have no sense of self, no confidence, no energy and may struggle with the will to live.

This is not from some psychic connections toon nor is an Empath an evolved soul or whatever. I'm Autistic abs studies have shown Autistic women are strong Empaths and studies are looking into the brain for answers.

So if you are looking for solid, believable advice this isn't worth your time. If you love new age philosophy and believe you are an old souls reincarnated many times then you'll love it. One star from me.

Lindsay says

I have no qualms with the general theory that the author is presenting, but I can't take her seriously for a few reasons.

First and foremost, she has almost zero citations. None. She throws out facts and talks about studies and makes no attempt to show that source. I don't understand how a doctor can expect to be taken seriously without using clearly identifiable scientific sources.

Second but related to the first, two thirds of all her references to support her theory are unnamed friends. So many sentences started with "I have a friend who. . . " and it seems to be expected that I take all these anecdotes as the best support for her theory without knowing who these people are or if their story is true. But even if I did have more information, I'm not interested in hearing stories about the suspiciously large amount of her "very close" friends that seem to have practically superhuman abilities.

Third, the author's tone is painfully patronizing and self righteous. If she were a mom at school drop off, she'd be lecturing the other moms about the benefits of yoga and how she rubs homemade kale oil all over her kid to increase his IQ. (Probably). I cannot imagine her as a practicing doctor - she must have had atrocious bedside manner. Readers of the book are looking for guidance on how to disengage from and avoid emotionally harmful relationships, not looking to be shamed because we don't know every detail of how we died in the past four lives. (Not kidding, this is a repeated topic and I only made it to page 75).

I know there are good books on this topic out there. This is not one of them.

Haneen says

I saw the word "empath" in the title and it drew me in. This book provides practical advice to escape energy vampires and how to cope using different emotional and physical tactics. I liked the tip about taping your mouth shut while sleeping to encourage breathing through the nose, something I am aware of while awake but not while asleep. There were some aspects that I didn't identify with as I do have empath tendencies but I am not 100% affected by the issues the author shares. And it's kinda sad that there's no hope for these energy vampires to change or improve, they're stuck like that forever and the goal is to distance ourselves from them. Also didn't like the emphasis on strict natural healing and the part against vaccines. Overall though, I did pick up some useful tips and it made me think.

Catherine says

I loved this book and I love Dr Northrop. I recently have been struggling with my relationship with an old friend of mine. Seeing this title then reading the book really help me articulate what was going on and finding my way through this. I also really appreciate the medical as well as the spiritual perspective that Dr N includes. I recommend reading it slowly in order to reflect on each chapter.

Andrea says

This book is so much more than its title. I would say it actually focuses more on "restoring your health and power" in a holistic way -- from moving through and healing your emotions, to taking care of your physical body, to knowing how to set boundaries within your relationships, not just so you can be your best self, but in being your best self and nothing but, you help bring healing to people around you.

I liked how the writer's medical background helped substantiate the claims in the book and provide a more holistic point of view to mental, emotional, physical wellbeing.

I would've appreciated summary notes and exercises at the end of each chapter for easier reference instead of having to hunt down specific exercises line-by-line within the book.

Colleen Criswell says

Helpful and educational

Being a type 2 diabetic, I found the information on the monks in Tibet to be very enlightening. For a long time my sugars were out of control and after reading this and figuring out the vampires in my life and removing them, my health started to get back to normal.

Serena says

Amazing! <3 It helped me to understand many situations I lived... if you have ever met an energy vampire you will see it described here in clear words. Now everything makes more sense. It's incredible. I'm very grateful for this book. It contains also many advice to live a better life and to avoid this kind of people... And hopefully I will be able to do all the beautiful things that this book describes to be a happier and loving person.

"The choice you need to make is to open the door to the light"

william says

oof. so i have this masochistic impulse to rescue useful tech from crap ideology, which leads to reading a ton of self-help & new age books. i've mostly been satisfying that impulse via pretty solid stuff, these days. this book is definitely an exception.

drawn to it because of past experiences with narcissists, was hoping to find some tips & tools. was NOT expecting this book to be quite as new age as it is. while i did find a few things helpful (& i'm noting others for experimentation), the overall narrative/philosophical frame was gut-wrenchingly indefensible and problematic.

reincarnation, love & light, unattributed theosophical techniques, beliefs as causes for illness, focus on forgiveness, and compensatory "you're special" messages. my problems aren't necessarily with these things per se, but with the lack of articulate context and perspective that would minimize the accretion of junk ideology.

though there are some decent passages about the importance of anger, some specific ways to renegotiate boundaries with destructive people, and some (light) analysis of self-concept issues that can arise from extended relationship with narcissists & other manipulative people.

97% junk, 3% potentially useful. jury out re: efficacy of tech.

final assessment: probably not worth the time to read it.

Denise Lucille says

This book had some good solid advice for dealing with energy vampires, and for taking back your power. The understanding that some people can sap your energy is not well known outside of spiritual circles, so it's nice to bring awareness through a western Medicine physician who people tend to lend more credibility to. I like that she used personal examples which always makes a book more interesting.

Keely says

I always enjoy Dr. Northrup's books, but this one was a little disappointing to me because it dealt with extremes of this type of personality, where I would have gotten more out of it, and I suspect many people would as well, if she had described a bit more completely those people who have ASPECTS of the vampire personality, rather than just the most extreme examples of the pathology, and how to deal with the more

subtle or insidious aspects of relationships that have this dynamic to them. I think probably anyone can get something out of any of her books and this one's no exception even though personally I didn't find that much new information in the discussion about energy-draining people.

However, I really did receive my Northrup enlightenment in the second half of the book where the focus is on health and she was talking unexpectedly about the negative effects of sitting for long periods of time. Just the way she described energy pathways and fascia and the importance of keeping things in your body from getting stagnant was inspiring to me and I just "got it" and have begun to stand up and move every 20 minutes, do more weight-bearing stuff and more treadmill or jogging instead of mostly swimming, and altering some other aspects of my physical activity including improving the way I do my yoga practice. So for me the book was worth its price just for that. Movement is very important for dealing with all kinds of stress, including people who drain you, so I can see why this discussion was relevant to the book, and it made things click for me.

The book contains some great advice on pages 102-103 about dealing with dependents and other people who don't respect boundaries with you that is very simple, incisive, and effective. There's an interesting process you can do to clear residue from old relationships, and when she described it she gave such funny and down to earth examples that I found myself laughing out loud - another great stress buster.
