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EMPOWERMENT



**The Self Improvement Show
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March 10th 2011: Whose Stuff is This Anyway?**

Yvonne Perry will share her remarkable story as an empath and discuss what it means to be an empath in today's world. We will explore how you know if you are empathic and how you can protect yourself from the onslaught of other's thoughts and energy. Yvonne will also share with us how the gift of empathy can be used to help others. We will discuss key insights from her book, *Whose Stuff Is This? Finding Freedom from the Thoughts, Feelings and Energy of Those Around You*. If you don't know why your mood suddenly changes from light and happy to sad when there is no reason to be sad, you don't

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