

Because I am blessed and burdened with all that it means to be highly sensitive, seeing Jeannette and Yvonne's *Energy Skills for Highly Sensitive/Empath Teens* warms my heart. It will give you tools and understanding that I wish I had in my own teens, and I am honored to see some of the ideas I have developed show up in its pages!

Donna Eden

Author, *Energy Medicine*



*Donna Eden is a pioneer in the field of Energy Medicine, within both traditional and alternative health care settings. With over four decades of experience, she has become a world-renowned spokesperson, speaking to audiences throughout the United States, Europe, Australia, New Zealand and South America — including universities, hospitals and corporations.*

*She has treated over 10,000 clients and taught more than 100,000 people worldwide. Many of her students are physicians, nurses, and other mainstream health professionals.*



*Donna has authored and co-authored with her husband, Dr. David Feinstein, several award winning books. Most notably are: *Energy Medicine*, *Energy Medicine for Women*, and the NY Times Best-Seller, *The Energies of Love*.*

