



Psychic Psychology: Energy Skills for Life and Relationships

John Friedlander, Gloria Hemsher

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This useful guide from two of America's preeminent psychics is unique in its focus on individual psychology and interpersonal relationships. It begins with simple meditations during which practitioners learn how to recognize their own psychic energy—and also determine if that energy is constrained. *Psychic Psychology* shows how to free energy through such tools as grounding, clearing psychic enmeshment, and finding the space from which to respond most openly, resourcefully, and generously to life. An entire chapter is devoted to exploring the specific energies men and women have based on their biological differences and helping them to deal with their own energy and that of the other sex.

Friedlander and Hemsher present the everyday usefulness of clairvoyant skills within a big picture where they explain that we create our reality, but do not control it; and that the personality—like the soul—is eternal and always growing.

The final section describes how psychic skills can be applied in real-world contexts, which are often ambiguous and contradictory. The book explores common issues such as dealing with selfdoubt without jumping to unwarranted, blind confidence and how to communicate effectively, with clear boundaries.

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