

# Are Vampires Sucking Your Energy Dry?

## You Can Defeat Energy-Drain Symptoms

I can drive a stake through the heart of energy vampires and defeat what I call Energy-Drain Symptoms. An Energy Sponge is an empath who absorbs negative energy as a sponge absorbs water. They're overly sensitive to negativity, while energy vampires and toxic relationships around them suck them dry all day long. By the end of the day, all they can do is collapse.

I can conquer Energy-Drain Symptoms by giving an energy-injection to your audience. By saying potent, vitality-infusing words I call the "Self-Empowerment Affirmation," and doing dynamic, easy-to practice-movements that are powerful energy medicine, Energy Sponges get more centered and integrated.

Susan Shumsky is a spiritual teacher, a pioneer in the self-development field, and an award-winning author of 14 self-help books, published by New York publishers. She has done 975 media appearances including: *Los Angeles Times*, *Chicago Tribune*, *Washington Post*, *GQ*, *Woman's World*, *Cosmopolitan*, William Shatner's TV show, *Fox News* with Alan Colmes, and many more.



**Susan Shumsky**  
Award-Winning Author

