

His Holiness the Dalai Lama is All Praises for Dr. Judith Orloff's Forthcoming Book



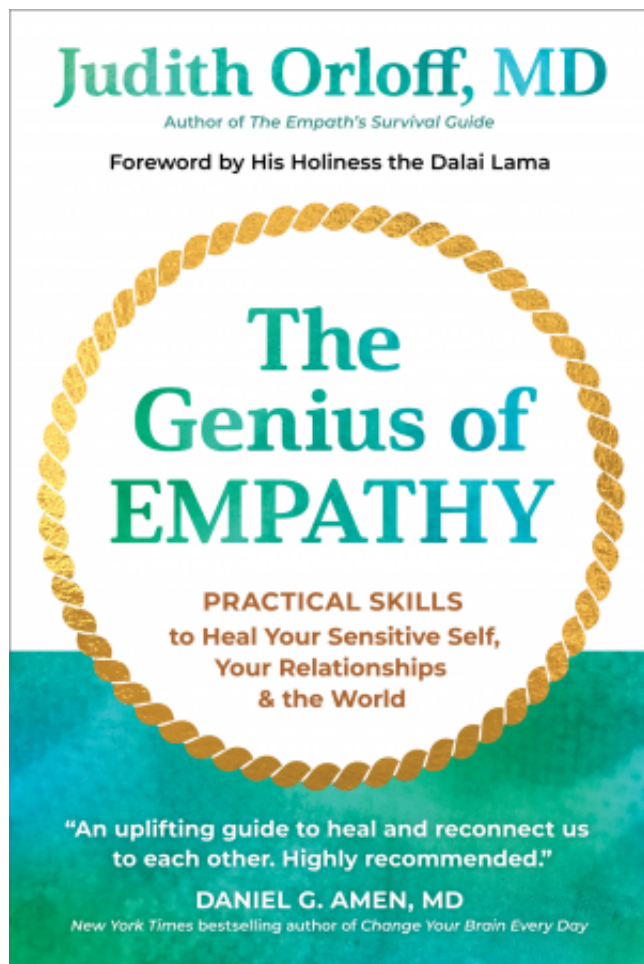
New York City, New York Mar 4, 2024 ([Issuewire.com](https://www.issuewire.com)) - NY Times Bestseller, Dr. Judith Orloff releases a brand-new book "The Genius of Empathy" which gets praise from his holiness The Dalai Lama. In his newly launched book, Orloff offers practical advice on cultivating and enhancing empathy. The foremost spiritual leader of the Gelug or "Yellow Hat" school of Tibetan Buddhism praises the book and says, "I believe readers will find it of great value." In the book, the author talks about the transformative power of empathy and how people can use empathy and compassion to support self-healing, the healing of relationships, and healing the world. In a world where everything is stressful and now more than ever when people feel overwhelmed and exhausted, empathy offers a healing balm.

Dr. Judith Orloff says empathy is a form of emotional intelligence that enables people to offer compassion with intention. In the new book 'Genius of Empathy: Practical Skills to Heal Your Sensitive Self, Your Relationships, and the World', the best-selling author shares the magical consequences of empathy which can be used to find greater self-love. The writer also showcases how empathy helps embody people's most compassionate selves in their relationships with others and with the world. In this new book, Dr. Orloff introduces empathy as a daily healing practice and presents it in a new light drawing insights from neuroscience, psychology, and energy medicine.

Readers can learn how to soothe their nervous system and access their sensitivities while being non-absorptive to the emotions of others. The book mentions that it is a skill set that will make navigating the world easier and would feel safer. Each chapter of the book contains real-life stories, offering actionable exercises to practice expressing empathy, especially with draining relationships.

The valuable advice functions well in the workplace setting as well where "The Genius of Empathy" provides a roadmap that direct on how to use empathy and compassion to improve communication with coworkers. At the same time, Dr. Orloff includes a self-assessment test for readers so that they can evaluate their current level of self-empathy. This test would also help them to learn their empathy style while finding out how their style affects their relationships. The key message of the book is that the chapters provide insights for those people who want to develop empathy as a new and improved skill. In the book, the best-selling author helps readers learn how to treat themselves with more kindness and stop criticizing for perceived shortcomings. The chapters also provide lessons on how to practice empathy with family, friends, and coworkers even when there is no likeness and how to set healthy boundaries and loving detachment.

'Genius of Empathy: Practical Skills to Heal Your Sensitive Self, Your Relationships, and the World' teaches readers about becoming an empathic caregiver while managing their own needs. The chapters also provide valuable lessons on using empathy to change the rules of power games. Dr. Orloff provides empathy training programs for individuals and businesses as well. Know more at: www.drjudithorloff.com.



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