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# Positive Energy Practices: How to Attract Uplifting People and Combat Energy Vampires

*Judith Orloff*

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# Positive Energy Practices: How to Attract Uplifting People and Combat Energy Vampires

*Judith Orloff*

**Positive Energy Practices: How to Attract Uplifting People and Combat Energy Vampires** Judith Orloff Your personal energy is a precious commodity, and to live fully, you must vigilantly nurture and protect that energy. Now, with Positive Energy Practices, renowned psychiatrist and intuitive Judith Orloff teaches you a series of techniques, guided meditations, and tools to harness the power of positive energy and combat the influences that drain and deplete us. We can't stop the negative circumstances from happening in our lives, but we can learn ways to protect our energy so that we can stay centered in dealing with the stresses that arise, teaches Dr. Judith Orloff. On Positive Energy Practices, she offers many life-saving prescriptions for transforming fatigue, stress, and fear into vibrance, strength, and love.

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