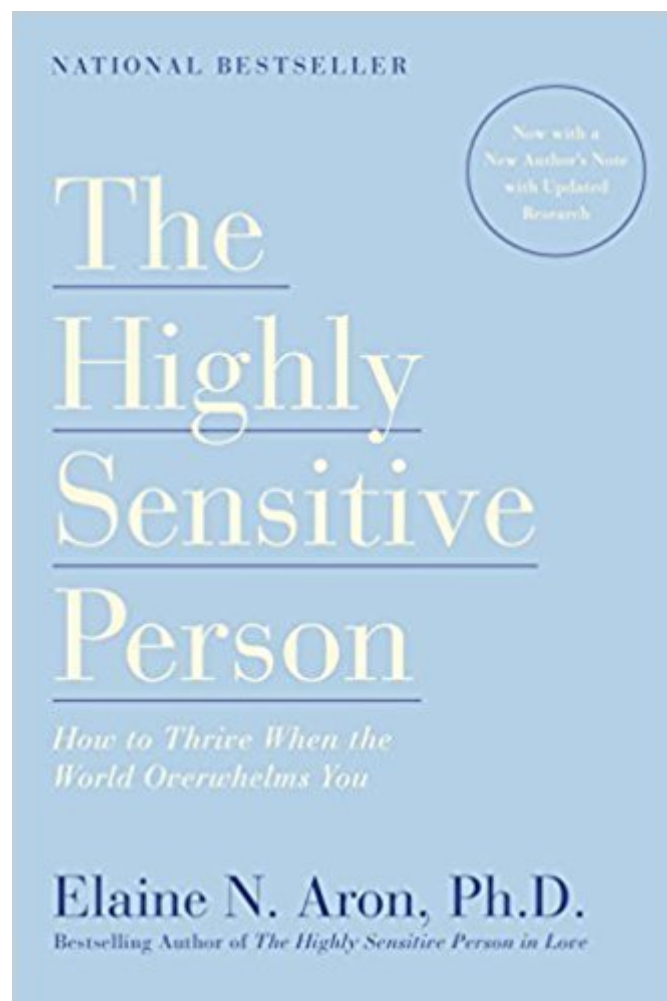




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The Highly Sensitive Person: How To Thrive When The World Overwhelms You



Synopsis

Are you a highly sensitive person? Do you have a keen imagination and vivid dreams? Is time alone each day as essential to you as food and water? Are you "too shy" or "too sensitive" according to others? Do noise and confusion quickly overwhelm you? If your answers are yes, you may be a Highly Sensitive Person (HSP). Most of us feel overstimulated every once in a while, but for the Highly Sensitive Person, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a psychotherapist, workshop leader and highly sensitive person herself, shows you how to identify this trait in yourself and make the most of it in everyday situations. Drawing on her many years of research and hundreds of interviews, she shows how you can better understand yourself and your trait to create a fuller, richer life. In *The Highly Sensitive Person*, you will discover:

- * Self-assessment tests to help you identify your particular sensitivities
- * Ways to reframe your past experiences in a positive light and gain greater self-esteem in the process
- * Insight into how high sensitivity affects both work and personal relationships
- * Tips on how to deal with overarousal
- * Informations on medications and when to seek help
- * Techniques to enrich the soul and spirit

Book Information

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Customer Reviews

Are you an HSP? Are you easily overwhelmed by stimuli? Affected by other people's moods? Easily startled? Do you need to withdraw during busy times to a private, quiet place? Do you get nervous or shaky if someone is observing you or competing with you? HSP, shorthand for "highly sensitive person," describes 15 to 20 percent of the population. Being sensitive is a normal trait--nothing

defective about it. But you may not realize that, because society rewards the outgoing personality and treats shyness and sensitivity as something to be overcome. According to author Elaine Aron (herself an HSP), sensitive people have the unusual ability to sense subtleties, spot or avoid errors, concentrate deeply, and delve deeply. This book helps HSPs to understand themselves and their sensitive trait and its impact on personal history, career, relationships, and inner life. The book offers advice for typical problems. For example, you learn strategies for coping with overarousal, overcoming social discomfort, being in love relationships, managing job challenges, and much more. The author covers a lot of material clearly, in an approachable style, using case studies, self-tests, and exercises to bring the information home. The book is essential for you if you are an HSP--you'll learn a lot about yourself. It's also useful for people in a relationship with an HSP. --Joan Price

â œl wept through almost every page of this book out of sheer self-recognition. To say this book changed my life would be an understatement.Â I am forever grateful to Elaine Aron.â •--Alanis Morissette, singer, songwriter, activist"This remarkable book...gives a fresh perspective, a sigh of relief, and a good sense of where we belong in society." --John Gray, author of *Men Are from Mars, Women Are from Venus*"Elaine Aron's perceptive analysis of this fundamental dimension of human nature is must reading. Her balanced presentation suggests new paths for making sensitivity a blessing, not a handicap."--Philip G. Zimbardo, Ph.D., author of *Shyness: What It Is, What to Do About It*"Enlightening and empowering, this book is a wonderful gift to us all."--Riane Eisler, author of *The Chalice and the Blade*

This may be the best book I have read in years. Maybe a decade. I was a year and a half into a very stressful job with a bully boss when I found this book -- I'd heard about it for years but thought the title sounded girly and wimpy so I hesitated to read it. I don't like gooey, emotional, sappy stuff. Well guess what... no sap here. Or at least so little sap that a person who doesn't like sappy didn't really notice. Instead I found a smart, astute, science-based book which explained to me why I was slowly dying at my job, why I could not sleep at night, and why I was so stressed at work that I literally could not stomach my sandwich at lunch but would almost throw it up every day (but I could eat at home) -- I was operating at a level of physical stress which was impossible for a highly sensitive person to sustain, and yet I was somehow sustaining it. (I am very stubborn.) Once I actually looked at myself, looked at my actual situation, stopped blaming myself for being "weak" and "broken" and "not tough enough" and stopped trying to be what I am not, I saw clearly that I

was ignoring my physical body's symptoms of extreme stress and hurting myself bad. Reading this was a wake up call at a time in my life when I really needed it, and gave me enough confidence to finally stand up to my impossible to please, bullying, manipulative boss and just quit. I am going back to school and retraining to become a software developer so that I can work in an environment that won't kill me. Not everyone is the same; everyone has different physical tolerances. If you find yourself "too sensitive" etc, give yourself a break. You are not a clone of the extrovert next to you. Pay attention to your body and read this book. IF YOU ARE AN EXTROVERT, PLEASE READ THIS BOOK. If you are NOT highly sensitive, please read this book!!! I wish to God every human being would read this book so people could finally start understanding each other, and society in general would stop hurting those among them who are not built with the same nervous system that the 80% majority of humanity has!!!! This has nothing to do with race boundaries, religion, nationality... this is all about pure genetics and how our species (in fact how over 100 species on this planet) function. It's ground breaking work.

I bought this book after seeing the movie, "Sensitives: The Untold Story! " Changing my entire life! Things I have been attempting to change my entire life were just NORMAL attributes of an HSP!! I cannot thank Elaine enough for writing this book and for the documentary made with a Kick Start campaign! I took her test on line at her site... highly sensitive person test, and answered yes to all the questions! I cover up most lights on my computer, printer, router and such. I have no sounds except the error sound on my computer. Never could watch violent movies, sensitive to bright lights, strong smells, loud sounds. Can feel everyone when walking into a room. If you "think" you might be one, it could change your life reading this book! I think you only need to answer yes to about 14 of the many questions. I totally understood why my parents treated me the way they did. I was overly sensitive to so many things and they did not know what to do about it! They did not know "why"! Same with friends and teachers and my sister!! am a CHANGED person and I Highly Recommend this book to Everyone! Why? Because you might have a friend, partner, child who is highly sensitive and knowing how to treat them, can change both your relationships. It turns out not only are 15 - 20% of humans highly sensitive, so are animals and insects in the same percentages! It is a Natural Trait and not an illness or disease. Scientists can see it in brain scans and DNA testing. We have been misdiagnosed for decades as being shy, withdrawn, depressed and so on, which is not true. I love, love, loved this book!

I knew I was an introvert and was well aware of the problems that creates in a culture that values

extrovert behaviors. But this book helped clarify exactly how to think, feel, and deal with the disconnect. Turns out I'm not "highly sensitive"--just a plain introvert. But I've shared the book with others who have different levels of sensitivity. Very clear and helpful in the author's explanations and illustrations of the spectrum of sensitivity. Good for those who experience high sensitivity and for those who live with them.

I'm still reading this book, but it has already helped me tremendously. I'm not crazy! Omg! So many things I feel and have experienced in my life are described and explained in this book. I'm excited to learn more, and will end up rereading it several times. I already feel better about myself, and realize now that I'm not alone!! I wish I could better put into words how a paragraph or subject seems to be talking about ME...EXACTLY!! If you think you're a HSP, please read this book. I promise, you'll be glad you did!

This book reframed my life!

If you are feeling like you could be, please read this, get it for family members who may be, for friends. Can't say enough good!!

I liked this book a lot because I have always wondered why noises, movements, odors, cruelty to anyone, etc. upset me more than other people I was with and also that I don't like to be around people all the time but need to regroup inside myself.

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