



The Highly Sensitive Person

Elaine N. Aron Phd

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The Highly Sensitive Person Elaine N. Aron Phd **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 HSP, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a clinical psychologist, workshop leader, and an HSP 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. Updated with a new Author's Note, including the latest scientific research, and a fresh discussion of anti-depressants for HSPs, this edition of *The Highly Sensitive Person* also includes:

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
Information on medications and when to seek help
Techniques to enrich the soul and spirit

"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, author of *Shyness*

"Enlightening and empowering, this book is a wonderful gift to us all." —Riane Ensler, author of *The Chalice and the Blade*

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Jody Watson:

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Andrew Leavens:

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