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The Highly Sensitive Person The Highly Sensitive Person

In The Highly Sensitive Person, Dr. Aron reframes these stereotyping words and their common application to the HSP in a more positive light and helps HSPs use and view these aspects of their personality as strengths rather than weaknesses.

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The Highly Sensitive Person How to Thrive When the World

After reading this book, I was much more comfortable describing what works for me because I fit being a highly sensitive person. The book says "we are 15 This book describes me very well. If felt that finally there was a book and a name for the cluster of many of my traits.

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Book Review The Highly Sensitive Person Happily Imperfect

People who are highly sensitive often feel different, alone, or like there s something wrong with them. In her book The Highly Sensitive Person, Dr. Elaine Aron reassures highly sensitive people

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How to Thrive as The Highly Sensitive Person Book Summary

A simple test will show if you are a highly sensitive person. The best way to start with the summary of the book is a simple personality test that roughly shows how sensitive you are; it s the test you can find in the book, of course. If you find yourself as a highly sensitive person, I highly recommend that you read this summary and then the book.

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Highly Sensitive Person Books Highly Sensitive Refuge

The Highly Sensitive Person: How to Thrive When the World Overwhelms You (Elane N. Aron) For many of us, this is the book that first taught us what it means to be a highly sensitive person and how we can tap into this trait to live our best lives.

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