

THE HIGHLY SENSITIVE PERSON BY ELAINE ARON



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If you find you are highly sensitive, or your child is, I d like you to know the following: Your trait is normal. It is found in 15 to 20% of the population too many to be a disorder, It is innate. In fact, biologists have found it in over 100 species You are more aware than others of

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Elaine R. Aron is a highly sensitive person herself who has a Master's degree in clinical psychology, as well as a Doctorate. She has researched the subject using hundreds of detailed interviews with HSPs.

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Elaine N. Aron PREVIEW The Highly Sensitive Person: How To Thrive When The World Overwhelms You (2013) by Elaine N. Aron explores what it's like to be a Highly Sensitive Person, or HSP, a personality type characterized primarily by heightened sensitivity to external stimuli.

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The Highly Sensitive Person by Elaine Aron

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.

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The Highly Sensitive Person Audiobook by Elaine N Aron

Elaine Aron follows up her best sellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains that self-esteem results from having a healthy balance of love and power in our lives.

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