

THE SENSITIVE PERSON BOOK



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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. Sensitivity is anything but a flaw.

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The Highly Sensitive Person How to Thrive When the World

The author/psychologist coined the phrase "highly sensitive person"(or "HSP") admittedly in reference to herself and to those whom she has found in her 5 years of research to make up approximately 20% of the human population.

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How to Thrive as The Highly Sensitive Person Book Summary

Source: Aron, Elaine N. 1996 The Highly Sensitive Person. HarperCollins Publishers. If you answered more than 12 questions with yes, then you are probably a highly sensitive person. The more questions you answered with yes, the more sensitive you probably are.

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Books on sensitivity for a Highly Sensitive Person

Elaine Aron PhD, The Highly Sensitive Person, Birch Lane Press, New York, 1996 The Highly Sensitive Person is written by Elaine Aron, an HSP who truly understands sensitivity. The book includes absolute gems of experiences as well as rigorous information about statistical studies, psychological theories and brain chemicals.

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Highly Sensitive Person Books Highly Sensitive Refuge

The Highly Sensitive Person: How to Thrive When the World Overwhelms You (Elaine 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. Dr.

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The Highly Sensitive Person How to Thrive When The World

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.

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9 Signs You're A Highly Sensitive Person Forbes

The Highly Sensitive Person. You're likely wondering if you or someone you know are highly sensitive. The following are the most common qualities that highly sensitive people possess.

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