

THE HIGHLY SENSITIVE CHILD ELAINE ARON



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Elaine N. Aron, Ph.D., is the world-wide best-selling author of The Highly Sensitive Person. She is a clinical psychologist and research psychologist specializing in family relationships. She runs her own thriving psychotherapy practice and also leads HSP (Highly Sensitive Person) workshops throughout the USA.

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When you were a child, did your parents or teachers see you as sensitive or shy? Click here to take the self-test. Dear Highly Sensitive Person (HSP) or anyone raising a highly sensitive child (HSC), Welcome. I m Elaine Aron.

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The Highly Sensitive Child Helping Our Children Thrive

Elaine N. Aron, Ph.D., is a psychotherapist, workshop leader, researcher, and highly sensitive person herself. She is the author of The Highly Sensitive Person, The Highly Sensitive Person in Love, and The Highly Sensitive Person's Workbook. She divides her time between San Francisco and New York.

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The Highly Sensitive Child . As a former highly sensitive child, I personally relate to Elaine Aron's description of the highly sensitive child.

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The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them. In this book HSP author and researcher Dr. Aron writes that One reason for the variation among HSCs is that temperament traits seem to be caused by several genes, each having small cumulative effects.

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