

## [THE HIGHLY SENSITIVE PERSON ELAINE ARON](#)



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### **The Highly Sensitive Person Official Site**

Dear Highly Sensitive Person (HSP) or anyone raising a highly sensitive child (HSC), Welcome. I m Elaine Aron. I began researching high sensitivity in 1991 and continue to do research on it now, also calling it Sensory-Processing Sensitivity (SPS, the trait s scientific term).

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### **Are You Highly Sensitive The Highly Sensitive Person**

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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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### **The Highly Sensitive Person How to Thrive When the World**

Still, Elaine Aron's The Highly Sensitive Person contributes to our understa Though I enjoy a party every now and then, I do prefer one-on-one conversations and time spent reading books and listening to Ariana Grande.

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### **The Highly Sensitive Person How to Thrive When The World**

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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### **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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### **The Highly Sensitive Person In An Emotionally Neglectful**

In 1997, Elaine Aron, Ph.D. wrote The Highly Sensitive Person. She describes the HSP as more sensitive to sounds, textures, and essentially all outside stimulation than average.

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### **What's a Highly Sensitive Person A Simple Explanation**

If so, you might be a highly sensitive person (HSP). HSPs react more intensely to experiences than the average person. They process both positive and negative information more deeply, so they can easily become overwhelmed by stimuli like loud noises, crowds, and high-pressure situations.

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### **Introversion Extroversion and the Highly Sensitive Person**

Elaine Aron, Ph.D., is a research and clinical psychologist, and the author of The Undervalued Self, The Highly Sensitive Person, and The Highly Sensitive Child.

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