DR ELAINE ARON THE HIGHLY SENSITIVE PERSON



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The Highly Sensitive Person

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). I never planned to write any self-help books, but

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The author of The Highly Sensitive Person, Elaine N. Aron, Ph.D., summarizes the trait of high sensitivity. A free, easy test to determine if you are an HSP (highly sensitive person) is on her web http://ebookslibrary.club/download/About-The-Highly-Sensitive-Person-YouTube.pdf

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Highly Sensitive Men successes struggles A Highly

For this post (and the accompanying podcast episodes), I asked several highly sensitive men to share their stories and opinions. While geared toward men, much of this can apply to all HSPs.

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The Weight of Words as a Highly Sensitive Person The Mighty

As both a writer and a highly sensitive person (HSP, from Dr. Elaine Aron s book of the same name), I ve been aware of the power of words for most of my life. It s why I often hesitate to speak my mind in emotionally charged situations, and why I also feel horrible when I say something to

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Hypersensitivity Hypersensitivity Is Not Imagined Toughen up! Don t be so sensitive. I can t believe that bothers you! If you have a high level of sensitivity to physical and/or emotional stimuli, you may have hypersensitivity along with attention deficit disorder.

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