

## **HIGHLY SENSITIVE PERSON ELAINE ARON**



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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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### **About The Highly Sensitive Person YouTube**

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

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### **Sensory processing sensitivity Wikipedia**

Origin and development of the terms. Elaine Aron's book The Highly Sensitive Person was published in 1996. In 1997 Elaine and Arthur Aron formally identified sensory processing sensitivity (SPS) as the defining trait of highly sensitive persons (HSPs). The popular terms hypersensitivity or highly sensitive are popular synonyms for the scientific concept of SPS.

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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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What is the best job for a highly sensitive person? Here's #1.

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### **10 Tips For Parents of Highly Sensitive Boys from Dr Ted Zeff**

It wasn't long after I read Elaine Aron's book, *The Highly Sensitive Child* about three years ago that I found Dr. Ted Zeff's *The Strong, Sensitive Boy*. Naturally, as the mother of a highly sensitive boy, I quickly bought and read the book, hoping I would better know how to bring out the best in my sweet child without damaging him.

<http://ebookslibrary.club/download/10-Tips-For-Parents-of-Highly-Sensitive-Boys-from-Dr--Ted-Zeff.pdf>

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