

HIGHLY SENSITIVE CHILD BOOK



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The Highly Sensitive Child Helping Our Children Thrive

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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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Introverted Shy or Highly Sensitive in the Arts

Many actors, musicians, authors and other artists identify themselves as being shy, or consider themselves introverted or highly sensitive. Some people may use the term shy about themselves or others, but really mean highly sensitive or introverted.

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How to Relieve Stress When You're Highly Sensitive or Creative

As highly sensitive people, we may experience many positive aspects of the personality trait, such as being more creative. But we can also be more reactive and vulnerable to stress and anxiety. There are many varieties of stress, fatigue, worry, trauma, unhealthy self-regard and other anxiety-related experiences that can impact our lives and creative expression.

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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.

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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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I'm Highly Sensitive Stop Worrying About Me Sensitive

A letter from a highly sensitive child. Dear Mom, Dad, Teacher, Neighbor, Friend, Random Passer-by Dear

World, I want you to know, I am highly sensitive.

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Jobs and Careers for Highly Sensitive Persons A Highly

The best jobs and careers for highly sensitive persons (HSPs).

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Disciplining the Sensitive Child Creative Child

In her book, *The Highly Sensitive Child*, Elaine Aron, Ph.D. says, HSCs need to be corrected and disciplined, but unless you know how to do it properly, your child is likely to take your correction as global messages about his worth.

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Bipolar and Highly Sensitive People Mental Health Talk

A great article written by a great author. A shame there s not more pieces written on bipolar issues like this.

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Some jokes aren't funny A Highly Sensitive Person's Life

This is a tough one. On one hand, I tend to agree with the late George Carlin, who said that words are inert in and of themselves. Rather, it is the context (intent) in how they are used that ultimately makes them good or bad.

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