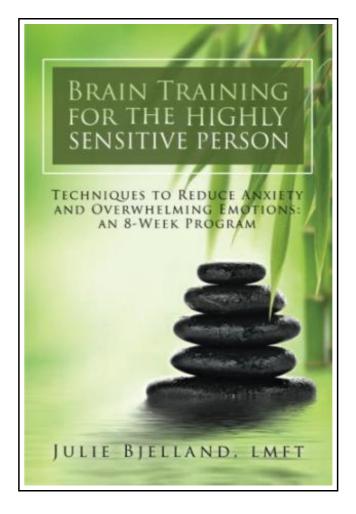
### Brain Training for the Highly Sensitive Person: Techniques to Reduce Anxiety and Overwhelming Emotions: An 8-Week Program (Paperback)



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# BRAIN TRAINING FOR THE HIGHLY SENSITIVE PERSON: TECHNIQUES TO REDUCE ANXIETY AND OVERWHELMING EMOTIONS: AN 8-WEEK PROGRAM (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Updated Edition Julie Bjelland s new book Brain Training for the Highly Sensitive Person is a valuable support in opening to the challenges and potentials that come with high-level sensitivity. - Tara Brach, PhD, author of Radical Acceptance and True Refuge This book is full of thoughtful, warm-hearted, and useful suggestions for calming and fortifying the nervous system. Julie Bjelland is a master of her craft, and it shows on every page. -Rick Hanson, PhD, author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence I highly recommend that highly sensitive people read Julie Bjelland s book, Brain Training for the Highly Sensitive Person. This thorough and well-researched book contains many techniques to help transform the HSP s life. Even if the student implements only a portion of the many practical and innovative methods that are presented in the book for calming the sensitive nervous system, the HSP will live a happier, more tranquil and productive life. -Ted Zeff, PhD, author of The Highly Sensitive Person's Survival Guide, The Strong, Sensitive Boy, and The Power of Sensitivity Julie Bjelland MFT is a remarkable therapist! She has developed great expertise and success in her work with HSP (Highly Sensitive Person) clients. She has used research, clinical experience and her HSP gifts to develop a unique and effective therapeutic approach to help her HSP clients overcome the obstacles of living in a world that is too often not supportive of HSP needs, and to help HSPs feel accepted and valued rather than different or wrong. Now she brings her talent and work to a greater audience with this book. It offers the content of her approach with a...

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