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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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People read [*The Highly Sensitive Person*] and wanted even more courses, consultations, support groups, and any other tools for assimilating these ideas which, as one HSP put it, completely rearrange the inner furniture.'

So Elaine Aron has now compiled *The Highly Sensitive Person's*

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The Highly Sensitive Person How to Thrive When the World

The sensitivity topic is completely new to me and I highly value the introduced concept of reframing my life with regard to overarousal. I think it will help me understand myself better and I am thankful for the book to spread the sensitivity thoughts.

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