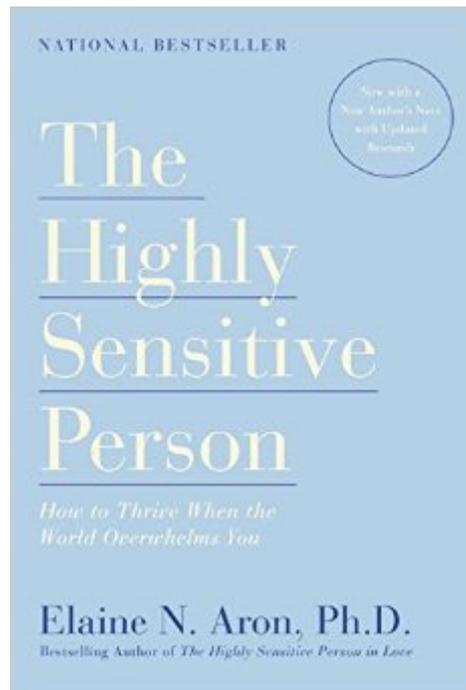


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The Highly Sensitive Person: How To Thrive When The World Overwhelms You



Synopsis

Are you a highly sensitive person? Do you have a keen imagination and vivid dreams? Is time alone each day as essential to you as food and water? Are you "too shy" or "too sensitive" according to others? Do noise and confusion quickly overwhelm you? If your answers are yes, you may be a Highly Sensitive Person (HSP). Most of us feel overstimulated every once in a while, but for the Highly Sensitive Person, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a psychotherapist, workshop leader and highly sensitive person herself, shows you how to identify this trait in yourself and make the most of it in everyday situations. Drawing on her many years of research and hundreds of interviews, she shows how you can better understand yourself and your trait to create a fuller, richer life. In *The Highly Sensitive Person*, you will discover:

- * Self-assessment tests to help you identify your particular sensitivities
- * Ways to reframe your past experiences in a positive light and gain greater self-esteem in the process
- * Insight into how high sensitivity affects both work and personal relationships
- * Tips on how to deal with overarousal
- * Information on medications and when to seek help
- * Techniques to enrich the soul and spirit

Book Information

Paperback: 251 pages

Publisher: Broadway Books; Reprint edition (June 2, 1997)

Language: English

ISBN-10: 0553062182

ISBN-13: 978-0553062182

Product Dimensions: 5.5 x 0.7 x 8.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (837 customer reviews)

Best Sellers Rank: #1,401 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #17 in Books > Self-Help > Self-Esteem #65 in Books > Self-Help > Motivational

Customer Reviews

In this unique book, research psychologist Elaine Aron breaks new psychological ground by defining a personality trait inadequately explored in the past, a trait that an estimated 15-20% of the U.S. population carries. The trait manifests in a highly sensitive nervous system present from birth and probably inherited, much like other personality traits or physical features. Highly sensitive people, or

HSPs as Aron calls people who possess this trait, are much more sensitive to nearly everything they experience -- from the sensory characteristics of objects and events, to the subtleties of inner feelings and relationships between people. As a result of this heightened awareness to everything in their environment, highly sensitive people in our culture are often told, "You're too sensitive for your own good," and are admonished to develop a "tougher skin." Ms. Aron discusses the ways in which people with this trait have frequently been mislabeled in the past, often branded as "shy," "introverted," or "neurotic," even by professionals. She goes to great lengths to define and describe the sensitivity trait as it influences an individual's life, providing both research evidence and personal anecdotes from the scores of people interviewed for her work. The evidence illustrates that being a highly sensitive person is both a blessing and a burden, depending upon a number of different factors in the life history of the individual. Possessing this trait can make life challenging at times but Ms. Aron, herself an HSP, emphasizes that being sensitive is not a psychological disorder or a personality flaw to get rid of. The sensitivity trait is merely a part of an individual's personality.

If you have read Elaine Aron's original book "The Highly Sensitive Person" and have determined that you are *definitely* an HSP, then the next logical step in personal development might be to buy this workbook-- especially if you find yourself struggling somewhat in your dealings with the world. "The Highly Sensitive Person's Workbook" *can* stand alone, but I would HIGHLY recommend reading Dr. Aron's original book on High Sensitivity before attacking the Workbook. This is definitely an excellent tool to teach the HSP how to become more of an "expert" on themselves, and their sensitivity. HOWEVER, I must also caution that the book might be a bit daunting, or overwhelming, for the individual to work their way through on their own. As such, I would characterize the book as "superb" in an HSP support group setting, but perhaps only "good" to "very good" for an individual. That was certainly my personal experience after I bought the Workbook. I made a number of "false start" attempts at working through the exercises in the book by myself, but it wasn't until I got involved in an online "HSP study group" (not so difficult to find, by the way) that I managed to get all the way through. Having completed the workbook, I will say that it was a thoroughly worthwhile effort! Here's what you get: This Workbook is essentially a journey of Self-Exploration for HSPs. The early chapters address how to identify and become familiar with your sensitivity; subsequently Dr. Aron takes you through sensitivity in childhood, in social interactions, and eventually in the context of the workplace and adult (intimate) relationships.

+++++Answer true or false to these ten statements as they apply to you: 1. I find myself needing to

withdraw during busy days to any place where I can have some privacy and relief from stimulation.² I am easily overwhelmed by things such as bright lights, strong smells, coarse fabrics, or sirens close by.³ I get rattled when I have a lot to do in a short amount of time.⁴ I startle easily.⁵ I make it a point to avoid violent movies or TV shows.⁶ Changes in my life shake me up.⁷ When I must compete or be observed while performing a task, I become so nervous and shaky that I do much worse than I would otherwise.⁸ I am very conscientious.⁹ When I was a child, my parents or teachers seemed to see me as sensitive or shy.¹⁰ I tend to be very sensitive to pain. If you answered true to five or more of these statements or if any one or two statements are extremely true of you, then this book may be for you. This easy-to-read, non-technical book (first published in 1996) by Dr. Elaine Aron, deals with the highly sensitive person (of which Aron is one). Such a person is one that has a very sensitive nervous system and thus has a trait of greater receptivity to stimulation that may cause over stimulation. This trait should not be confused with such things as introversion, shyness, inhibition, anxiety, or fear. (Interestingly, there are also extroverted highly sensitive people.) This book provides basic, detailed information about this trait, data that is difficult to obtain elsewhere. According to the author, "[This book] is the product of five years of research, in-depth interviews, clinical experience, courses, and individual consultations with hundreds of highly sensitive persons.

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