

The Highly Sensitive Person: How to Thrive When the World Overwhelms You : Aron Ph.D., Elaine N. Aron Ph.D. Despite being educated at the masters level I worked for almost five years as a janitor and I currently earn minimum wage Im learning why I made the mistakes in life I did and how to go forward with different social tools and ways to analyze the situation. Highly recommend this book to everyone both those who are finding the world too much yet are told 'you're too sensitive' if you feel the need to lock yourself in a bathroom or hide under the duvet after being around others in crowded busy situations this book is for you. I especially like the case studies and how there are sections to show to health professionals who don't believe you when you have extreme reactions to even very low doses of medication and for teachers if you are still in education. bought it on Kindle and then in paper back coz there was so much in it I wanted to underline highlight put a paper tab so I could find again and write out sections in a positivity healing journal. Please don't call someone 'needy too much oversensitive' etc ASK them whats going on and how you can help or even better buy this book and find out how YOU can be a kinder person to them. All I need say is that I was totally engaged from beginning to end and it has really allowed me to make sense of and allow for an aspect of my life that was an encumbrance and is now a huge gift. She has lived in many places all over North America from a geodesic dome on Cortes Island to an aging southern mansion on Peachtree Street in Atlanta and now divides her time between New York and San Francisco. As an introverted man it can be difficult to navigate social situations and workplace politics, I was diagnosed with severe social anxiety and panic disorder: Replace the word "sensitive" with aware or observant if you are a guy and the book will make sense: it means Sensitive like a High end electronic testing equipment. You can take in an process vast amounts of data quickly and accurately.

But put to much data in and the system will malfunction: This book has many fluffy foo foo Linguistic overtones but it the Value of the information is top notch: Just remember to look for the underlying lesson instead of worrying about the gendered language. Paperback It was literally a life saver! I recommend it to all people who think there is something wrong with them just because the others have labeled them as too sensitive: Now I know there are others out there like me and I am able not to feel guilty for what I am, Somehow I even feel a bit special! But in a good way :) Paperback I heard about this book from a TedTalk and it is changing my life. As much as I dislike 'labels' the fact that this trait is a recognised 'thing' and not just me is such a relief, Now I can learn to work with it instead of against it and this book made me feel like someone is with me giving me support, Paperback This book is superb a real change your life kind of book, Have struggled to be in the world and this book explains SO SO much, If you find the world a struggle but can't find the words to describe how it feels to others who just don't 'get' you this book is for both of you, Elaine's book is SUPERB I'm struggling with Dave Markowitz book so if you are on the fence between the two my money is on this one. Paperback I first read Aron's The Highly Sensitive Person in Love. I then bought this one rather expecting it to be a duplicate but in fact it was much more than that. is recognized internationally as one of the leading scientists studying the psychology of love and close relationships, Art Aron has been featured in the New York Times Time and National Geographic. She is the author of The Highly Sensitive Person The Highly Sensitive Person in Love and The Highly Sensitive Child. 05 shipping The Highly Sensitive Person: How to Thrive When the World Overwhelms You : Aron Ph[1]

Only half way through and it's made life easier. It's not sensitive as in delicate Or easily damaged. A friendly helpful and informative book. It made such sense. THANK YOU Ms Aron. I'm telling my many HSP friends about it. Paperback Elaine Aron Ph.D. Dr. Aron's research on love conducted with her husband Dr. \$11.D. Elaine N.

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Now with a
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The Highly Sensitive Person

*How to Thrive When the
World Overwhelms You*

Elaine N. Aron, Ph.D.

*Bestselling Author of *The Highly Sensitive Person in Love**