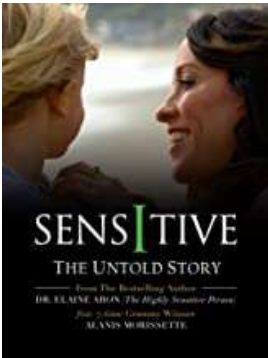


# The HSP: Highly Sensitive Person

"There are three kinds of emotionally sensitive people. One are those who are naturally sensitive, anxiety-ridden people. Another are those who have been traumatized. The third are those who have both. All have the potential to understand heal. We have wonderful healing minds and bodies." Meg

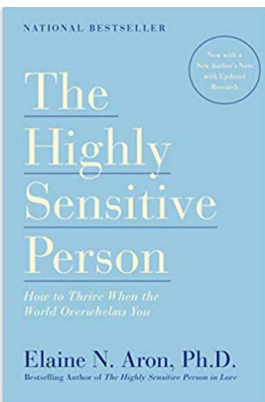
*discovering the positive side of it all*

Click on picture to access convenient link to book/video at Amazon. See disclaimer at end of list for more information.



A groundbreaking documentary about the temperament trait of high sensitivity found in 20% of the population in both men and women. Based on the findings of bestselling author-psychologist Dr. Elaine Aron ("The Highly Sensitive Person").

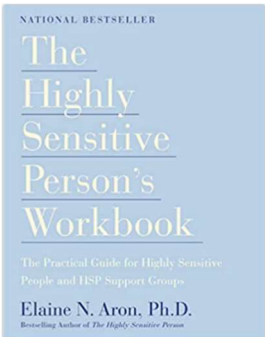
How it helps: Lets you look at some reasons why you might be overly anxious with overthinking tendencies.



## About the Author

**Elaine N. Aron** is the bestselling author of *The Highly Sensitive Person* and its companion books, *The Highly Sensitive Persons Workbook*, *The Highly Sensitive Person in Love*, and *The Highly Sensitive Child*. Dr. Aron graduated Phi Beta Kappa from the University of California, Berkeley. She earned her MA at York University in Toronto and her PhD at Pacifica Graduate Institute, Santa Monica. She divides her time between New York and San Francisco, where she maintains a psychotherapy practice.

Quote: *"This greater awareness of the subtle tends to make you more intuitive, which simply means picking up and working through information in a semiconscious or unconscious way. The result is that you often "just know" without realizing how."*



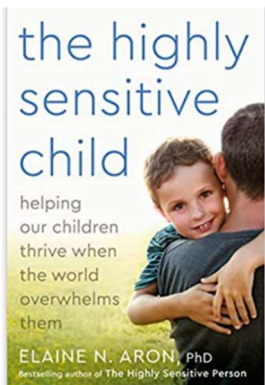
Do noise and confusion quickly overwhelm you? Do you have a rich inner life and intense dreams? Did parents or teachers call you "too shy" or "too sensitive"? If you answered yes to any of these questions, you may be a Highly Sensitive Person (HSP).

Identify your specific sensitivities with self-assessment tests

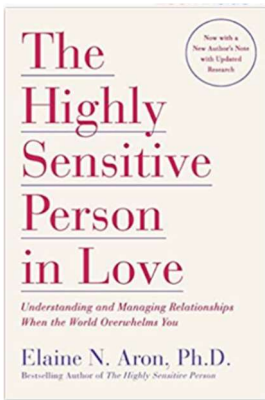
Reframe past experiences in a more positive light

Interpret dreams and relate them to your sensitivity

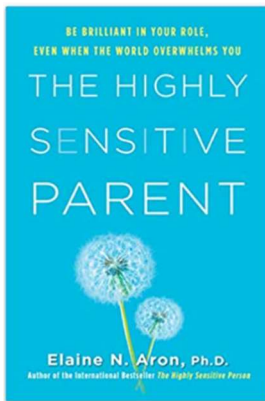
Cope with overarousal through relaxation, breathing, and visualization techniques



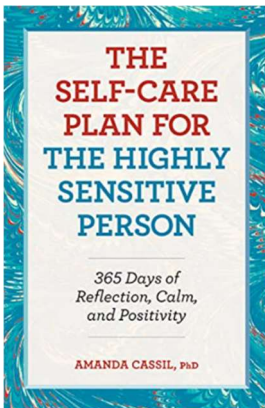
Rooted in Dr. Aron's years of experience working with highly sensitive children and their families, as well as in her original research on child temperament, *The Highly Sensitive Child* explores the challenges of raising an HSC; the four keys to successfully parenting an HSC; how to help HSCs thrive in a not-so-sensitive world; and how to make school and friendships enjoyable. With chapters addressing the needs of specific age groups, from newborns to teens, *The Highly Sensitive Child* is the ultimate resource for parents, teachers, and the sensitive children in their lives.



Statistics show that 50 percent of what determines divorce is genetic temperament. And, if you are one of the 20 percent of people who are born highly sensitive, the risk of an unhappy relationship is especially high. Your finely tuned nervous system, which picks up on subtleties and reflects deeply, would be a romantic asset if both you and your partner understood you better. But without that understanding, your sensitivity is likely to be making your close relationships painful and complicated.



Parenting is the most valuable and rewarding job in the world, and also one of the most challenging. This is especially true for highly sensitive people. Highly sensitive parents are unusually attuned to their children. They think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response. For highly sensitive people, parenting offers unique stresses—but the good news is that sensitivity can also be a parent's most valuable asset, leading to increased personal joy and a closer, happier relationship with their child.



This book is designed to inspire and support your self-care practice with a year's worth of reflections, exercises, quotes, and affirmations centered around your strengths and challenges. You'll discover ways to:

- **Cultivate calm**—Explore simple exercises, including seated meditations and mindful nature walks, that help you find peace and cope with everyday difficulties.
- **Connect with yourself**—From getting enough rest to prioritizing your wants and needs, discover self-care activities that encourage you to be your best self and thrive.
- **Get inspired**—Find motivation for your self-care journey with positive affirmations and words of wisdom from Nelson Mandela, Eleanor Roosevelt, and others.

Give yourself the loving attention you deserve .

**Disclaimer:** Please note that the following links to Amazon are provided as affiliate links solely for your convenience. It is important to mention that all proceeds generated from these links are dedicated to supporting a nonprofit organization that works towards benefiting Veterans and foster families. For further details about this nonprofit, kindly visit [www.anngraceministry.com](http://www.anngraceministry.com).