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~~Are you a Highly Sensitive Person? Elaine Aron, PhD: How to Deal with the Crisis when you are a Highly Sensitive Person~~

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The Highly Sensitive Person Elaine

Dear Highly Sensitive Person (HSP) ...or anyone raising a highly sensitive child (HSC), Welcome. I'm Elaine Aron. I began researching

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high sensitivity in 1991 and continue to do research on it now, also calling it Sensory-Processing Sensitivity (SPS, the trait's scientific term).

The Highly Sensitive Person

Highly sensitive people are often very bright and creative but many suffer from low self esteem. They are not "neurotics" as they have been labelled for so long. However, high sensitivity can lead them to cease to engage with the outside world.

The Highly Sensitive Person: How to Thrive When the World ...

Elaine R. Aron is a highly sensitive person herself who has a Master's degree in clinical psychology and a doctorate. She has researched the subject using 100s of detailed interviews with HSPs. She lives in San Francisco and New York.

The Highly Sensitive Person: Amazon.co.uk: Aron, Elaine N ...

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

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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.

The Highly Sensitive Person: How to Survive and Thrive ... this is the book to help them understand themselves and how best to cope in various situations. Highly sensitive people are often very bright and creative but many suffer from low self esteem. They are not 'neurotics' as they have been labelled for so long. However, high sensitivity can lead them to cease to engage with the outside world.

The Highly Sensitive Person by Elaine N. Aron | Waterstones
Based on Elaine N. Aron's groundbreaking research on temperament and intimacy, The Highly Sensitive Person in Love offers practical help for highly sensitive people seeking happier, healthier romantic relationships. From low-stress fighting to sensitive sexuality, the book offers a wealth of practical advice on making the most of all personality combinations.

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The Highly Sensitive Person in Love: Understanding and ...

In her national bestseller, *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*, author Elaine Aron defines a distinct personality trait that affects as many as one out of every five people. According to Dr. Aron's definition, the highly sensitive person (HSP) has a sensitive nervous system, is aware of subtleties in his/her surroundings, and is more easily overwhelmed when in a highly stimulating environment.

The Highly Sensitive Person - The Highly Sensitive Person

Highly sensitive people are prone to anxiety and depression, partially because they are a minority in a world populated mostly with people who aren't quite so sensitive and don't understand why they have a hard time handling the normal demands of life or always seem stressed or unsocial.

The Highly Sensitive Person: How to Thrive When the World ...

Highly Sensitive Person, or HSP, is a term coined by psychologist Elaine Aron in the 1990s. The concept has gained traction in the years

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since, particularly as more and more people began to...

Highly Sensitive Person | Psychology Today

African American and Highly Sensitive. We are very excited about this one affinity group. Elaine Aron and High Sensitivity, moderated by some of the members of the International Consultants on High Sensitivity and focused on the research and my work. From there you will find more Facebook pages by them.

For HSPs - The Highly Sensitive Person

Elaine N Aron, Ph.D ., is a psychotherapist, workshop leader, researcher, and highly sensitive person herself. She is the author of The Highly Sensitive Person in Love, The Highly Sensitive Child, and the Highly Sensitive Person's Workbook. She divides her time between San Francisco and New York.

The Highly Sensitive Person: How to Thrive When the World ...

Dr. Aron's explanations are easy to understand and the book contains many real stories of highly sensitive people. The chapters on work

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(#6) and close relationships (#7), especially, were revelations to me. I liked "The Highly Sensitive Person" so much that I bought and started reading "The Highly Sensitive Person in Love".

The Highly Sensitive Person (Audio Download): Amazon.co.uk ...
In our humble opinion, "The Highly Sensitive Person" is an astonishing book that lifts the veils on the behavior of a certain group of people. Therefore, we believe it will mostly fit those who struggle to maintain composure due to hypersensitivity. About Elaine N. Aron
Elaine N. Aron is a psychologist born on November 1st, 1944 in the US.

The Highly Sensitive Person PDF Summary - Elaine N. Aron
Excerpts from an interview with Elaine Aron Ph.D., author and psychologist. Please also see her talk on Sensitivity Research:
<http://www.youtube.com/watch?v=...>

The Highly Sensitive Person: An Interview with Elaine Aron ...
THE HIGHLY SENSITIVE PERSON "Elaine Aron's perceptive analysis of this fundamental dimension of human nature is must reading. Her balanced

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presentation suggests new paths for making sensitivity a blessing, not a handicap." –Philip G. Zimbardo, author of Shyness

The Highly Sensitive Person: How to Thrive When the World ...
It explores the issue of HSP and features Dr Elaine Aron, a scientist and author of The Highly Sensitive Person (it's sold over a million copies). It also includes new research that shows how the...

Highly sensitive people - The Telegraph

A human with a particularly high measure of SPS is considered to have 'hypersensitivity', or be a highly sensitive person (HSP). The terms SPS and HSP were coined in the mid-1990s by psychologists Elaine Aron and her husband Arthur Aron, who developed the Highly Sensitive Person Scale (HSPS) questionnaire by which SPS is measured.

Sensory processing sensitivity - Wikipedia

How to cope when the world overwhelms you. For those people who: have a keen imagination; are labelled too shy or too sensitive; who perform poorly when being observed even though they are usually competent;

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have vivid dreams; for whom time alone each day is essential;and find they are quickly overw

The 25TH ANNIVERSARY EDITION of the original ground-breaking book on high sensitivity with over 500,000 copies sold. 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 noted for your empathy? Your conscientiousness? Do noise and confusion quickly overwhelm you? If your answers are yes, you may be a highly sensitive person (HSP) and Dr. Elaine Aron's The Highly Sensitive Person is the life-changing guide you'll want in your toolbox. Over twenty percent of people have this amazing, innate trait. Maybe you are one of them. A similar percentage is found in over 100 species, because high sensitivity is a survival strategy. It is also a way of life for HSPs. In this 25th anniversary edition of the groundbreaking classic, Dr. Elaine Aron, a research and clinical psychologist as well as an HSP herself, helps you grasp the reality of your wonderful trait, understand your past in the light of it, and make the most of it in your future. Drawing on her many years of study and face-to-face time spent with thousands of HSPs, she explains the changes you will

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need to make in order to lead a fuller, richer life. Along with a new Author's Note, the latest scientific research, and a fresh discussion of anti-depressants, this edition of *The Highly Sensitive Person* is more essential than ever for creating the sense of self-worth and empowerment every HSP deserves and our planet needs. "Elaine Aron has not only validated and scientifically corroborated high sensitivity as a trait—she has given a level of empowerment and understanding to a large group of the planet's population. I thank Dr. Aron every day for her having brought this awareness to the world." —Alanis Morissette, artist, activist, teacher

Dr. Elaine Aron's newest book, *Psychotherapy and the Highly Sensitive Person*, redefines the term "highly sensitive" for the professional researcher and practitioner. She dispels common misconceptions about the relationship between sensitivity and other personality traits, such as introversion and shyness, and further defines the trait for the benefit of both the clinician and patient. Readers will learn to assess for the trait, distinguish it from clinical diagnoses such as panic disorder or avoidant personality disorder, understand how sensitivity may change the presentation of a problem such as depression or shyness, and generally inform, validate, and improve the quality of life for these clients. She pays particular attention to

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self-esteem issues and helping patients separate effects of their innate temperament from problems due to their personal learning histories. Dr. Aron keeps both patient and practitioner in mind as she suggests ways to adapt treatment for highly sensitive persons and how to deal with the typical issues that arise. Three appendices provide the HSP Scale, a summary of the extensive research on this innate trait, and its relation to DSM diagnoses. Through this helpful guide, therapists will see a marked improvement in their ability to assist highly sensitive clients.

A psychotherapist and workshop leader presents a comprehensive collection of pre-tested exercises developed to enhance the lives of highly sensitive people and help them embrace their unique trait.

Do you fall in love hard, but fear intimacy? Are you sick of being told that you are "too sensitive"? Do you struggle to respect a less-sensitive partner? Or have you given up on love, afraid of being too sensitive or shy to endure its wounds? 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

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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. Based on Elaine N. Aron's groundbreaking research on temperament and intimacy, *The Highly Sensitive Person in Love* offers practical help for highly sensitive people seeking happier, healthier romantic relationships. From low-stress fighting to sensitive sexuality, the book offers a wealth of practical advice on making the most of all personality combinations. Complete with illuminating self-tests and the results of the first survey ever done on sex and temperament, *The Highly Sensitive Person in Love* will help you discover a better way of living and loving.

First, she taught you the value of your highly sensitive nature in her bestselling classic *The Highly Sensitive Person*. Now, Dr. Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge: Parenthood. 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

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parent's most valuable asset, leading to increased personal joy and a closer, happier relationship with their child. Dr. Elaine Aron, world-renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity, has written an indispensable guide for these parents. Drawing on extensive research and her own experience, she helps highly sensitive parents identify and address the implications of their heightened sensitivity, offering:

- A self-examination test to help parents identify their level of sensitivity
- Tools to cope with overstimulation
- Advice on dealing with the negative feelings that can surround parenting
- Ways to manage the increased social stimulation and interaction that comes with having a child
- Techniques to deal with shyness around other parents
- Insight into the five big problems that face highly sensitive parents in relationships—and how to work through them

Highly sensitive people have the potential to be not just good parents, but great ones. Practical yet warm and positive, this groundbreaking guide will show parents how to build confidence, awareness, and essential coping skills so that they—and their child—can thrive on every stage of the parenting journey. "This book is filled with validating, healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive. It changed my life in the most healing and empowering ways." —Alanis

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Morissette, artist, activist, teacher

The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of "high sensitivity" in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. With the publication of *The Highly Sensitive Person*, Elaine Aron became the first person to identify the inborn trait of "high sensitivity" and to show how it affects the lives of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or "fussy," or classified as "problem children" (and in some cases, misdiagnosed with disorders

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such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on:

- The challenges of raising an highly sensitive child
- The four keys to successfully parenting an HSC
- How to soothe highly sensitive infants
- Helping sensitive children survive in a not-so-sensitive world
- Making school and friendships enjoyable

With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

Elaine Aron follows up her bestsellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains that self-esteem results from having a healthy balance of love and power in our lives. Readers will learn to incorporate love into situations that seem to require power and deal with power struggles that mask themselves as issues of love. From the bedroom to the boardroom, her strategies will enable us to escape feelings of shame, defeat, and depression; dissolve relationship hostility; and become

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our best selves. With Aron's clear, empathetic writing and extraordinary scientific and human insight, *The Undervalued Self* is a simple and effective guide to developing healthy, fulfilling relationships, and finding true self-worth.

Are you often told to stop taking things to heart or to toughen up? Do you have a lot of empathy for others? Overanalyze things and get 'stuck in your own head'? Or become easily overwhelmed and frequently need to withdraw? If the answer is YES, you are probably a Highly Sensitive Person and this Handbook will be your survival guide! One in five people are born with the trait of high sensitivity. Yet, there is a general lack of awareness of the trait in our society, which leaves many people struggling physically, emotionally, mentally and spiritually with being highly sensitive in a non-sensitive world. More often than not, HSPs are yearning for acceptance of their trait, not just from other people but also for themselves. When they realize their sensitivity is 'normal' and it's acknowledged in a positive way, a deep sense of relief arises and they can begin to flourish - feeling empowered to bring their unique abilities of empathy, compassion, creativity, healing and much more into the world. Presented in four sections that lead the reader on a journey of true holistic self-understanding, the book starts with a section exploring the main

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qualities and challenges of the trait, and how it can be a real gift in life; not a flaw. The second section then delves into impacts of living as an HSP, such as the many masks that they tend to wear (people-pleasing and so on), the relationships they attract, and how they can start on the journey to feeling more valued. The third section provides a wide range of practical strategies to manage the trait more effectively, from more self-love, coping with over-arousal, tapping for emotional freedom, energy protection, dealing with loss and bereavement, and tuning into the healing power of animals. And the final section touches on the more spiritual aspect of life that many HSPs are searching for, whether knowingly or not - from past-life themes to the unseen world, such as angels - in their quest to fully accept themselves, and to live the authentic, fulfilling lives they deserve.

If you're a highly sensitive person (HSP), you're in good company. HSP's make up some 20 percent of the population, individuals like you who both enjoy and wrestle with a finely tuned nervous system. You often sense things that others ignore such as strong smells, bright lights, and the crush of crowds. Even the presence of strangers in your immediate vicinity can cause you considerable distraction. You already know that this condition can be a gift, but, until you learn

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to master your sensitive nervous system, you might be operating in a constant state of overstimulation. As an HSP, the most important thing you can learn is how to manage your increased sensitivity to both physical and emotional stimulation. This accessible, practical guide contains strategies to help you master this critical skill. Build your coping skills by exploring the books engaging exercises. Then, keep the book by your side, a constant companion as you make your way through your vibrant and highly stimulating world.

- Find out what it means to be a highly sensitive person
- Take the self-examination quiz and find out whether you are highly sensitive
- Learn coping techniques indispensable to IHP's
- Discover how to manage distractions like noise and time pressure at home and at work
- Reduce sensory-provoked tension with meditation and deep relaxation techniques
- Navigate the challenges of interacting with others in social and intimate relationships

The Highly Sensitive Brain is the first handbook to cover the science, measurement, and clinical discussion of sensory processing sensitivity (SPS), a trait associated with enhanced responsiveness, awareness, depth-of-processing and attunement to the environment and other individuals. Grounded in theoretical models of high sensitivity, this volume discusses the assessment of SPS in children and adults, as well as its

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health and social outcomes. This edition also synthesizes up-to-date research on the biological mechanisms associated with high sensitivity, such as its neural and genetic basis. It also discusses clinical issues related to SPS and seemingly-related disorders such as misophonia, a hyper-sensitivity to specific sounds. In addition, to practical assessment of SPS embedded throughout this volume is discussion of the biological basis of SPS, exploring why this trait exists and persists in humans and other species. The Highly Sensitive Brain is a useful handbook and may be of special interest to clinicians, physicians, health-care workers, educators, and researchers. Presents a neurobiological perspective of sensory processing sensitivity (SPS) Provides assessment criteria and measurement tools for highly sensitive children and adults Discusses the health and social outcomes of being highly sensitive in children and adults Examines clinical issues related to high sensitivity Offers practical applications and a future vision for integrating high sensitivity in our society

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