



Be Brilliant in Your Role, Even When the World Overwhelms You

Psychotherapy and the Highly Sensitive Person

How to Survive and Thrive when the World Overwhelms You

Making Sense of Meltdowns

Brain Training for the Highly Sensitive Person

*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 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.*

*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.*

*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 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.*

*Imagine accepting yourself for the first time. Imagine realizing that you aren’t the only person who feels the way you do. Imagine no longer wishing you were like everyone else. A Highly Sensitive Person’s Life is like having a cup of tea with a good friend while chatting about issues that only another HSP would understand. Highly Sensitive Person (HSP), introvert, blogger, and podcaster Kelly O’Laughlin balances humor and sound advice in this blog-style collection of personal stories and honest reflections. Readers may see themselves described in these pages and think: “I didn’t know anyone else felt this way!” You might even discover surprising new insights. Many HSPs have spent years feeling defective, wrong, or weird. O’Laughlin’s relatable, down-to-earth narrative provides a sense of being part of a community, empowering the reader to understand and accept his or herself, and how to deal-and thrive-in a world that is full of stimulus. (With a sense of humor and some attitude.) A variety of topics are covered, including: loud noises, bad smells, stagnant air, caffeine, scary & violent movies, creativity, empathy, dealing with loss, anxiety, decisions, peacefulness, misophonia, parties & social events, friendship, childhood, control, commitment, appreciation of art & nature, and aging. This book is based on topics from the author’s podcast and blog at HighlySensitivePerson.net.*

*The Highly Sensitive Child*

*How to Transform Feeling Overwhelmed and Frazzled to Empowered and Fulfilled*

*Animals in Translation*

*How to Thrive As a Highly Sensitive Person Or Empath*

*Using the Mysteries of Autism to Decode Animal Behavior*

*The Empowered Highly Sensitive Person*

*A Workbook to Harness Your Strengths in Every Part of Life*

The Highly Sensitive Person: How to Thrive When the World Overwhelms You by Elaine N. Aron | Conversation Starters Since its original publication in 1996, Dr. Elaine Aron’s book The Highly Sensitive Person: How to Thrive When the World Overwhelms You has been translated into 18 languages and has helped millions of people around the world. Author Elaine Aron introduced the world to a very distinct personality trait. She claimed that it affects one out of five people in the world. She called this HSP or the Highly Sensitive Person. She described this person as highly sensitive because of his sensitive nervous system. This person is aware of his surroundings and these affect the person in an intensified level. This person’s key quality is his ability to ponder, explore and associate everything that surrounds him. According to Aron, this “sensitivity is anything but a flaw”. In The Highly Sensitive Person, she shifts the perspective on the stereotypes placed on HSPs and helps HSPs themselves to view their personality as an asset not a liability. Counseling and Human Development says that Aron’s book is the first to talk about this personality and help those who have it to “make the most of it.” The New Times says that The Highly Sensitive Person is “a valuable resource.” A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to.. Create Hours of Conversation: • Foster a deeper understanding of the book • Promote an atmosphere of discussion for groups • Assist in the study of the book, either individually or corporately • Explore unseen realms of the book as never seen before.

Supporting the Highly Sensitive Child

Daily Exercises for Calming Your Senses in an Overstimulating World

How to Thrive When the World Overwhelms You

Improving Outcomes for That Minority of People Who Are the Majority of Clients

An Empowering Book for the Highly Sensitive Person on Utilizing Your Unique Ability and Maximizing Your Human Potential