

## THE HIGHLY SENSITIVE PERSON BY ELAINE ARON

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[The Highly Sensitive Person: How To Thrive When The World Overwhelms You](#) by Elaine N. Aron, Ph.D. Translated into 18 languages San Francisco Chronicle #1 bestseller Soon with a new Author's Note summarizing the latest research

[The Highly Sensitive Person: How to Thrive When the World ...](#)

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 [Are You Highly Sensitive? The Highly Sensitive Person](#) If fewer questions are true of you, but extremely true, that might also justify calling you highly sensitive. Also, although there are as many men as women who are highly sensitive, when taking the test highly sensitive men answer slightly fewer items as true than do highly sensitive women.

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[The Highly Sensitive Person by Elaine N. Aron](#)

Still, Elaine Aron's [The Highly Sensitive Person](#) contributes to our understa Though I enjoy a party every now and then, I do prefer one-on-one conversations and time spent reading books and listening to Ariana Grande. [The Highly Sensitive Person - Official Site](#) or anyone raising a highly sensitive child (HSC).

Welcome. I'm Elaine Aron. I began researching high sensitivity in 1991 and continue to do research on it now, also calling it Sensory-Processing Sensitivity (SPS, the trait's scientific term). I never planned to write any self-help books, but

[The Highly Sensitive Person eBook by Elaine N. Aron, Ph.D ...](#)

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 HSP, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a clinical psychologist, workshop leader, and an HSP herself, shows you how to identify this trait in yourself and make the most of it in everyday situations.

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### The Highly Sensitive Person - Indigo Chapters

Elaine R. Aron is a highly sensitive person herself who has a Master's degree in clinical psychology, as well as a Doctorate. She has researched the subject using hundreds of detailed interviews with HSPs.

### The Highly Sensitive Person In An Emotionally Neglectful ...

In 1997, Elaine Aron, Ph.D. wrote The Highly Sensitive Person. She describes the HSP as more sensitive to sounds, textures, and essentially all outside stimulation than average.

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

Buy The Highly Sensitive Person Thorsons Classics edition by Elaine N. Aron (ISBN: 9780008244309) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

### The Secret Life of a Highly Sensitive Person Member ...

Being highly sensitive doesn't make a person weak, but it does mean HSPs have to manage themselves and their relationships, work, and lives differently than most people in order to thrive. How

### Sensory processing sensitivity - Wikipedia

Elaine Aron's book The Highly Sensitive Person was published in 1996. In 1997 Elaine and Arthur Aron formally identified sensory processing sensitivity (SPS) as the defining trait of highly sensitive persons (HSPs). The popular terms hypersensitivity or highly sensitive are popular synonyms for the scientific concept of SPS.

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

The Highly Sensitive Person: How to Thrive When the World Overwhelms You [Elaine N. Aron] on Amazon.com. "FREE" shipping on qualifying offers. 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

### 16 Habits Of Highly Sensitive People | HuffPost Canada

The personality trait -- which was first researched by Elaine N. Aron, Ph.D., in the early 1990s -- is relatively common, with as many as one in five people possessing it. Aron, who has written

### What's a Highly Sensitive Person? A Simple Explanation

High sensitivity is innate, meaning HSPs were probably born this way. Characteristics of a Highly Sensitive

Person. Brain-scan studies show there are actually differences in the level of neural activity in the minds of HSPs, compared with non-HSPs.