

# [PDF] The Highly Sensitive Person

**Elaine N. Aron Ph.D. - pdf download free book**

---

**Books Details:**

Title: The Highly Sensitive Person

Author: Elaine N. Aron Ph.D.

Released: 1997-06-02

Language:

Pages: 251

ISBN: 0553062182

ISBN13: 978-0553062182

ASIN: 0553062182



**[CLICK HERE FOR DOWNLOAD](#)**

---

**pdf, mobi, epub, azw, kindle**

## **Description:**

Are you an HSP? Are you easily overwhelmed by stimuli? Affected by other people's moods? Easily startled? Do you need to withdraw during busy times to a private, quiet place? Do you get nervous or shaky if someone is observing you or competing with you? HSP, shorthand for "highly sensitive person," describes 15 to 20 percent of the population. Being sensitive is a normal trait--nothing defective about it. But you may not realize that, because society rewards the outgoing personality and treats shyness and sensitivity as something to be overcome. According to author Elaine Aron (herself an HSP), sensitive people have the unusual ability to sense subtleties, spot or avoid errors, concentrate deeply, and delve deeply. This book helps HSPs to understand themselves and their sensitive trait and its impact on personal history, career, relationships, and inner life. The book offers advice for typical problems. For example, you learn strategies for coping with overarousal, overcoming social discomfort, being in love relationships, managing job challenges, and much more. The author covers a lot of material clearly, in an approachable style, using case studies, self-tests,

and exercises to bring the information home. The book is essential for you if you are an HSP--you'll learn a lot about yourself. It's also useful for people in a relationship with an HSP. --*Joan Price*

**Review** 'This remarkable book speaks clearly to highly sensitive people. It gives a fresh perspective, a sigh of relief, and a good sense of where we belong in society.' JOHN GRAY, author of *Men are from Mars, Women are from Venus* --This text refers to an out of print or unavailable edition of this title.

---

- Title: The Highly Sensitive Person
  - Author: Elaine N. Aron Ph.D.
  - Released: 1997-06-02
  - Language:
  - Pages: 251
  - ISBN: 0553062182
  - ISBN13: 978-0553062182
  - ASIN: 0553062182
-