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The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World (Step-By-Step Guides)

By Ted Zeff



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The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World (Step-By-Step Guides) By Ted Zeff

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 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 HSP'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

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Editorial Review

Review

"This is an excellent collection of new, practical coping strategies."

—**Elaine N. Aron, PhD**, author of *The Highly Sensitive Person*

"If you're highly sensitive, you've picked up the right book. Zeff's easy-to-follow advice will transform your life. An illuminating book on a critically important topic."

—**Linda Johnen, MS**, author of *The Complete Idiot's Guide to Hinduism* and *Alpha Teach Yourself Yoga in Twenty-Four Hours*

"This book is a must read for every highly sensitive person. Zeff has many innovative techniques for coping with the overstimulation and stress in our fast-paced world."

—**Sanford L. Severin, MD**, author of *TriEnergetics*

From the Publisher

Full of sound and practical advice for dealing with sensory and emotional overload, this book is the first "how-to" book for highly sensitive people navigating through our highly stimulating world.

About the Author

Ted Zeff, Ph.D., received his doctorate in psychology in 1981 from the California Institute of Integral Studies in San Francisco, CA. He currently teaches workshops on coping techniques for highly sensitive people. He has taught stress reduction and insomnia management for over fifteen years at various hospitals and medical groups. For more information please visit drtedzeff.com.

Foreword writer **Elaine N. Aron, Ph.D.**, is the author of *The Highly Sensitive Person*, *The Highly Sensitive Person's Workbook*, *The Highly sensitive Person in Love*, and *The Highly Sensitive Child*.

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