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The Highly Sensitive Person

By Elaine N. Aron Phd



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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 others? Do noise and confusion quickly overwhelm you? 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. Drawing on her many years of research and hundreds of interviews, she shows how you can better understand yourself and your trait to create a fuller, richer life. Updated with a new Author's Note, including the latest scientific research, and a fresh discussion of anti-depressants for HSPs, this edition of *The Highly Sensitive Person* also includes:

- Self-assessment tests to help you identify your particular sensitivities
- Ways to reframe your past experiences in a positive light and gain greater self-esteem in the process
- Insight into how high sensitivity affects both work and personal relationships
- Tips on how to deal with overarousal
- Information on medications and when to seek help
- Techniques to enrich the soul and spirit

"Elaine Aron's perceptive analysis of this fundamental dimension of human nature is must reading. Her balanced presentation suggests new paths for making sensitivity a blessing, not a handicap." —Philip G. Zimbardo, author of *Shyness*

"Enlightening and empowering, this book is a wonderful gift to us all." —Riane Ensler, author of *The Chalice and the Blade*



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Editorial Review

Amazon.com Review

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

"I wept through almost every page of this book out of sheer self-recognition. To say this book changed my life would be an understatement. I am forever grateful to Elaine Aron."

--Alanis Morissette, singer, songwriter, activist

"This remarkable book...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*

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Noah Giles:

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