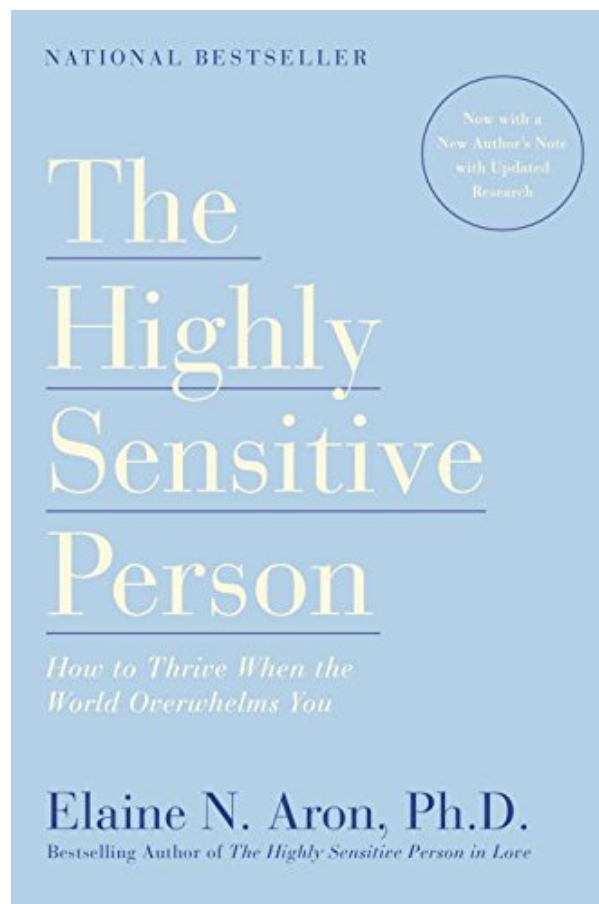


# THE HIGHLY SENSITIVE PERSON: HOW TO THRIVE WHEN THE WORLD OVERWHELMS YOU BY ELAINE N. ARON



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# The Highly Sensitive Person

*How to Thrive When the  
World Overwhelms You*

Elaine N. Aron, Ph.D.

Bestselling Author of *The Highly Sensitive Person in Love*

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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 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 shows how you can better understand yourself and your trait to create a fuller, richer life.

In *The Highly Sensitive Person*, you will discover:

- \* 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
- \* Informations on medications and when to seek help
- \* Techniques to enrich the soul and spirit

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Features

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27 of 27 people found the following review helpful.

"Specifically" written for introverted and shy HSPs.

By Eden Elspeth

"While most of our attention here is on the habitually introverted, extraverts will probably find it useful, too." Man, oh man, I wish I would have known this prior to purchasing.

A part of me feels wrong for rating this book, because it was not written for me. But I think it's important to let those picking up THSP for the same reasons I did, know that there is a strongggg focus on the introverted HSP.

If I was to numerically assign THSP a percentage, then I would say about 30% of the content applied to me as extroverted HSP. Of the 273 pages, there is only one eight-line paragraph devoted specially to "The Extraverted HSP". Had I known it was written for those inhibited, withdrawn, socially fearful HSPs, I don't think I would have bought it.

I liked the first chapter. I highlighted several portions I found to be incredibly accurate.

"HSPs can be instantly aware, whether they wish to be or not, of the mood, the friendships and enmities, the freshness or staleness of the air, the personality of the one who arranged the flowers."

"We reflect more on everything. And we sort things into finer distinctions. Like those machines that grade fruit by size - we sort into ten sizes while others sort into two or three."

Both of these insights I was already aware of, but found comfort in the confirmation. I found resonance in Dr. Aron pinpointing the HSP's highly conscientious, highly self-aware demeanor. From there on, however, I felt excluded much of the time; it was a slow fade into gradual and total disconnect.

Dr. Aron goes into great detail in the second and third chapter, explaining "arousal," a word she uses as a synonym for "stimulation," and the affect it has on an HSP. I found some of this useful and insightful, as I can be bothered by too much noise, bright lights, uncomfortable clothing, etc..., but the majority of the content is devoted to helping "shy" persons overcome the egregious label that has shaped so much of their personality. At the middleish portion of this book - which goes on for about 75 pages - these are the Chapters Titles you can expect to find: Appreciating the Introverted Style, Carl Jung on the Introverted Style, Making Friends, Learning More Social Skill, Best Social Advice for HSPs, Do you know the latest on overcoming social discomfort? ... For me, this is where there was a HUGE disconnect. I am not shy. I am outgoing, social, and enjoy meeting new people. Contradictorily, this book contains several strategies on how to help HSPs learn to be the three characteristics I just mentioned. I found myself flipping through the pages, fairly disheartened, trying to find something I could relate to.

What I was hoping for was a closer look at the more emotional side of living as a Highly Sensitive Person. I wanted the emphasis not to be on personality types, but on how the universal HSP absorbs life, seen through our very distinct, sensitive eyes. I did not want to be told I am special. I think by now, most of us anyway, have come to accept and understand that our sensitivity IS a strength, but one that often times appears as a weakness because our response every time is an emotional one. I wanted to read deeper about the HSP's evolution. I wanted to read about the HSP's heart and soul, and how everyday experiences and conversations and relationships affect The Sensitive Person's innermost being. Mainly, I wanted to be spoken with - not at. For me, this book reads like a Spiritual Guru's research manual. Yes, there are real-life situations documented, but even those felt sterile and distant at times.

231 of 245 people found the following review helpful.

Had promise, failed to deliver

By Pooky

This book had so much promise - a really great questionnaire, which leads the reader into saying 'yes' to many of the questions and concluding 'yes I am highly sensitive...that explains so much about me...so what can I do about it?'. But from there the book fails to really provide any insight, comfort or tools in order to cope as a sensitive person in our over-stimulating world.

I totally agree with her premise (which is what pulled me in), but she fails to really 'comfort' you and encourage you to embrace and capitalize on your strengths. Where are the examples of HSP's who have



achieved great careers and great things? She provides a few examples of HSP's who have 'succeeded' but these people are all just everyday types 'getting by' in spite of their trait. This leads you to conclude that this is the best you can hope for. The kicker was towards the end when she talked about a HSP she went to school with, and here I am thinking, finally, 'this person will embrace their sensitivity and take on the world and bloom into a successful person, shining their sensitive light into the world' ....wrong... he committed suicide. Comforting and inspiring. Not.

Her writing style fails to engage, and she also has a habit of instructing you to really minimize rather than embrace your sensitivity and hide it as much as possible, leading you to conclude that you are really not okay. Surely she realizes that sensitive types reading her book are likely to be quite wounded by this?

In the hands of a much more engaging, skilled and warm writer (e.g. Martha Beck) this could have been a truly great contribution on a new and under-investigated topic. In its current form I found it quite an emotionally painful read like being told from a stern and uncaring mother 'you are not really okay and you don't really fit in, so go and minimize your trait and cater to the less sensitive types'. Huge disappointment..no, more than that....an unsettling and upsetting read.

2 of 2 people found the following review helpful.

For those who are struggling...

By reader9996

Found the premise neat and unusual and enjoyed the general idea. I scored nearly 100% on the quiz so felt I would really get something from this. It seemed very focused on reassuring the reader "it's OK, it's a good thing!" but personally, I have already come to terms with my unique nature and feel well-adjusted and so didn't really need the extra assurance, I was more curious to put some defining terms to my being a touch odd. It reads more as a self-help book but I was hoping more for an educational or informative book. But I'm sure others could really benefit from it - so it's worth a try if you feel you are struggling with these unique traits. I did find it interesting, I probably could have stuck with a solid article on her findings.

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