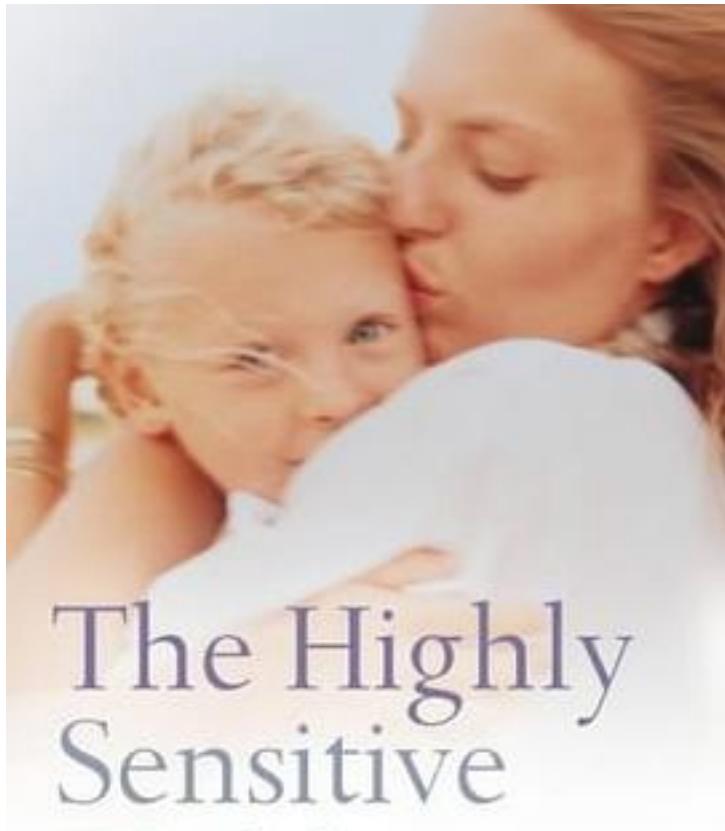


The Highly Sensitive Child



The Highly Sensitive Child

Elaine N. Aron, Ph.D.

Helping our children thrive
when the world overwhelms them



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著者:Elaine Aron

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The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of “high sensitivity” in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers.

With the publication of *The Highly Sensitive Person*, Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up.

Rooted in Aron’s years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults.

In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on:

- The challenges of raising an highly sensitive child
- The four keys to successfully parenting an HSC
- How to soothe highly sensitive infants
- Helping sensitive children survive in a not-so-sensitive world
- Making school and friendships enjoyable

With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

作者介绍:

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- 心理学博士、心理咨询师、大学教授、心理医生和作家
- 亲密关系研究和高度敏感者研究领域的领先者
- 一名高度敏感者

• 建立了高度敏感者研究网站，已帮助无数具有敏感特质的人实现自我

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书评

世俗中的成功 权名利 多样化的人类便有了统一的模具 和统一的评价标准
想想“高矮胖瘦”的人被打磨塞到统一的模具中就很痛 坚强 乐观 自信 独立 合群
有领导力抗压力强 有才学有口才有心计有谋略做事利落 善于创新 积极应变
漂亮帅气等等所有的好的词语都成了人间的一种...

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