

The Sensitive Self



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We are all sensitive beings, both physically and emotionally. What do we do with our sensitivity? How much of our sensitivity can we take? How do we become partners with our sensitivity in ways that make life worthwhile? In *The Sensitive Self*, renowned psychologist Michael Eigen explores the varied nuances of sensitivity as it threads its way through all facets of our lives. Individual case studies, often achingly honest, are woven together by Eigen's deeply felt meditations, bringing us into the heart of psychotherapy. We see how our sensitivity to self and others plays a crucial role in sustaining our sense of aliveness. Ultimately, Eigen argues, sensitivity is the basis for a humane ethics. Powerful and illuminating, *The Sensitive Self* follows up on the themes of Eigen's previous books, *Rage* and *Ecstasy*, with which Eigen has established himself as one of today's most creative thinkers in psychology.

作者介绍:

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