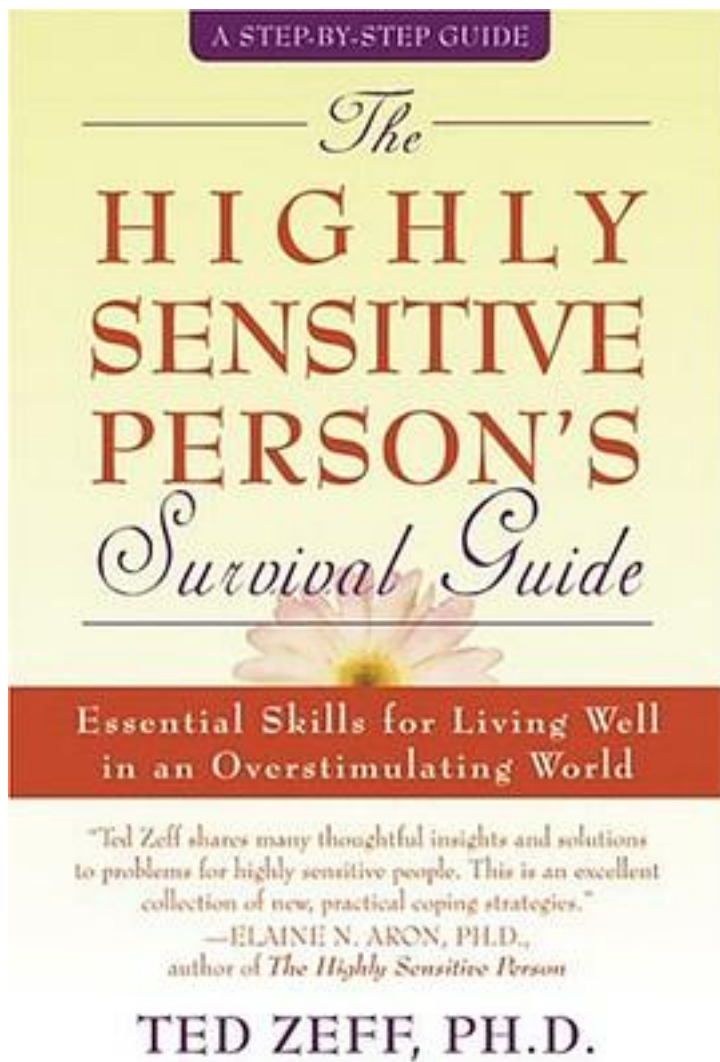


The Highly Sensitive Person's Survival Guide



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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

作者介绍:

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标签

心理学

高敏人群的生存救赎

心理

HSP

成长

自我完善

高敏感

沟通

评论

很多方法都是老生常谈，改变心态和观念、运动、健康饮食、冥想……可贵的还是对高敏人群的肯定和理解吧，这种态度本身是巨大的支持。有这个就够了，其他都可以慢慢来#当然因为作者也是高敏

#能认识自己，就能更容易的接受自己，而接受本身就能带来平和的心境。只有改正那些不完美我才能爱自己，结果被禁锢。即使不改变我依然爱自己，反而开启了改变的可能性。

没看得下去

一本老生常谈却好读的书，没有什么深刻的内容但这个题材的文字本身已算是一种对高敏人群的接纳和安慰

高敏人群的实用手册

一年了，总结就是方法都是次要的，要有持续改善自己、了解自己的态度最重要。

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书评

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