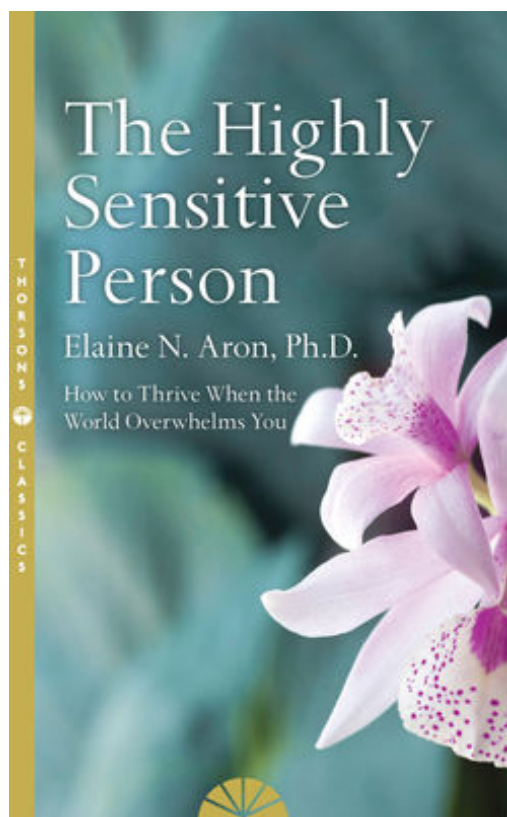


Descargar libros gratis The Highly Sensitive Person - Elaine N. Aron DBSBOOK



How to cope when the world overwhelms you.

For those people who:
have a keen imagination; are labelled too shy or too sensitive;
who perform poorly when being observed even though they are usually competent; have vivid dreams; for whom time alone each day is essential;
and find they are quickly overwhelmed by noise and confusion, crowded parties, hectic office life.....
this is the book to help them understand themselves and how best to cope in various situations.

Highly sensitive people are often very bright and creative but many suffer from low self esteem. They are not 'neurotics' as they have been labelled for so long. However, high sensitivity can lead them to cease to engage with the outside world.

The book offers solutions for a happy and fulfilling life. Particularly in the way an HSP perceives his or herself: the book helps to 'reframe' past events, such as a difficult childhood, or how they see themselves - ie. shy.

Particularly strong material for those raising a sensitive child

Reviews

'This remarkable book speaks clearly to highly sensitive people. It 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

About the author

Elaine R. Aron is a highly sensitive person herself who has a Master's degree in clinical psychology and a doctorate. She has researched the subject using 100s of detailed interviews with HSPs. She lives in San Francisco and New York.

Title	: The Highly Sensitive Person
Author	: Elaine N. Aron
Categoría	: Psicología
Publicación	: 06/03/2014
Editorial	: Thorsons
Vendedor	: HARPERCOLLINS PUBLISHERS
Páginas impresas	: 272 páginas

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File Size : 1.01MB

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