

# The Highly Sensitive Person

## Elaine N Aron

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Dear Highly Sensitive Person (HSP) ...or anyone raising a highly sensitive child (HSC), Welcome. I'm Elaine Aron. I began researching high sensitivity in 1991 and continue to do research on it now, also calling it Sensory-Processing Sensitivity (SPS, the trait's scientific term).

6/12/2018 · About Elaine N. Aron. Elaine N. Aron is a psychologist born on November 1 st, 1944 in the US. She earned her M.A. in clinical psychology from York University. Elaine is also lauded as an author whose books have sold millions of copies. “The Highly Sensitive Person PDF Summary” Do you fall in the highly sensitive category?

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misconceptions about the relationship between sensitivity and other personality traits, such as introversion and shyness, and further defines the trait for the benefit of both the clinician and patient.

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Drawing on many years of research and hundreds on interviews, The Highly Sensitive Person will change the way you see yourself—and the world around you About the author (1997) Elaine N Aron, Ph.D., is a psychotherapist, workshop leader, researcher, and highly sensitive person herself. She is the author of The Highly Sensitive Person in Love, The Highly Sensitive Child, and the Highly ...

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