

The Highly Sensitive Person

RESOURCES

BOOKS:

The Highly Sensitive Child by Elaine Aron, PhD

The Highly Sensitive Person by Elaine Aron, PhD

Psychotherapy and the Highly Sensitive Person by Elaine Aron, PhD

Highly Sensitive People In An Insensitive World by Ilse Sand

The Highly Sensitive Person's Guide to Dealing With Toxic People by Shahida Arabi

The Highly Sensitive Person Survival Guide by Ted Zeff, PhD

The Highly Sensitive: How to Stop Emotional Overload, Relieve Anxiety, and Eliminate Negative Energy by Judy Dyer

Sensitive the New Strong by Anita Moorjani

The Power of Sensitivity by Ted Zeff, PhD

You Tube Videos:

The 4 Main Traits That Define a Highly Sensitive Person

5 Brain Differences Found In The Highly Sensitive Person

HSP Five to Thrive - Alane Freund

Why Most Parenting Strategies Fall Flat When Parenting a HSC – Meghan Thompson

Highly Sensitive Teens & Adults (How to stay balanced) – Candace vanDell

Gifted, Creative & HSC - Heidi Hass Gable

The Orchids & Dandelions – Thomas Boyce

The Orchid Child and the Science of Kindness – Thomas Boyce

Understanding Trauma in HSC – Alane Freund

Helping Highly Sensitive Children Avoid Melt Downs and Thrive in Uncertain Times – Katie Kimball

Websites:

www.hsperson.com

www.melrobbins.com (How to Let Go)

www.juliejelland.com

www.alanefreund.com

www.HSPpodcast.com (Episode 164 – Saving HSP Lives and Improving Mental Health)

<https://www.juliejelland.com/hsp-blog/are-highly-sensitive-people-more-susceptible-to-suicide-survey-results-including-recommended-resources>