

[PDF] The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them

Elaine Aron - pdf download free book

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Author: Elaine Aron

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Description:

From Publishers Weekly As a highly sensitive person (HSP) herself and a psychotherapist, Aron is in a strong position to provide guidance to parents who are raising highly sensitive children (HSCs), and provides here a wealth of useful suggestions and case studies. The author, who has studied and written about what she calls "high sensitivity" (The Highly Sensitive Person), states that this is a personality trait that occurs in 15% to 20% of the population. Although HSCs tend to be "empathetic, smart, intuitive, careful and conscientious," they are also easily overstimulated and require informed

parenting in order to prevent temper tantrums, stress illnesses and the avoidance of pleasurable group activities. Aron offers helpful advice that will assist both nonsensitive and highly sensitive parents through all stages of their child's development from infancy to adolescence. For example, since HSCs have great difficulty with change, it is necessary to prepare them gently so that they do not feel powerless during transitions. According to the author, there are four basic strategies that will help an HSC to become a happy adult: parents should foster their child's self-esteem, try to reduce the feelings of shame HSCs may develop because they are different, employ only mild positive discipline and learn how to talk positively to teachers and friends about their HSC so that interactions will be productive.

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Review "To have an exceptional child you must be willing to have an exceptional child. You have one. And this book will teach you how to raise him to be not only exceptional, but healthy, loving, well-adjusted, and happy." Elaine N. Aron, Ph.D. Praise for *The Highly Sensitive Person*: '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* --This text refers to an out of print or unavailable edition of this title.

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