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Understanding The Highly

Sensitive Child Seeing An

Overwhelming World

Through Their Eyes My

Highly Sensitive Child Book

1
Overwhelming World

Through Their Eyes

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Understanding The Highly

My Highly Sensitive Child Book 1

As recognized, adventure as
capably as experience
practically lesson,
amusement, as with ease as

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overwhelming world through

their eyes my highly

sensitive child book 1

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Through Their Eyes My

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can be your partner.

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Understanding The Highly

~~The Highly Sensitive Child Seeing An
Overwhelming World
with Dr. Ted Zeff Parenting
Advice : How to Parent a
Highly Sensitive Child~~

~~Elaine Aron, Ph.D. on
parenting and The Highly
Sensitive Parent Book~~

88: Parenting the Highly

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Understanding The Highly

Sensitive Child with Julie An

Bjelland, LMFT Elaine Aron

A Talk on High Sensitivity

Part 1 of 3: Research **The**

Highly Sensitive Child Book

(Audiobook) by Elaine Aron

Highly Sensitive Children -

How to Spot \u0026amp; What to

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Understanding The Highly

do? Is your child too

sensitive? {Review - The

Highly Sensitive Child -

Elaine Aron} \ "The Highly

Highly Sensitive Person\ " Book Book

Summary Understanding Trauma

in Highly Sensitive Children

How do you Handle a Highly

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Understanding The Highly

Sensitive Child? / Ep. 225

FOR HIGHLY SENSITIVE PEOPLE

| how to stop being a HIGHLY

sensitive person and control

my emotions. Why Self-Care

and Boundaries are Crucial

for Highly Sensitive People

- a new way of thinking The

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Understanding The Highly

~~Highly Sensitive Child Seeing~~ EMPATHS

~~AND HIGHLY SENSITIVE PEOPLE~~

~~| Stephanie Lyn Coaching~~ How

~~Through Their Eyes My~~
I learned to thrive as a

~~Highly Sensitive Child Book~~

depression and anxiety. 10

Signs You're A Sensitive

Person With An Extremely

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Understanding The Highly

Strong Personality PARENTING

A HIGHLY SENSITIVE CHILD. 6

LIFE SAVER TIPS A Highly

Sensitive Male Shares His

Thoughts The Best Careers

for Highly Sensitive People

Understanding the Highly

Sensitive Person (HSP) Are

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you a Highly Sensitive

Person? 10 tips for
parenting highly sensitive

children (HSP) The gentle

power of highly sensitive

people | Elena

Herdieckerhoff |

TEDxIHEParis Highly

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Sensitive Person | Alane

Freund | Talks at Google 13

Problems Only Highly Child Book

Sensitive People Will

Understand Gifted, creative

and highly sensitive

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children | Heidi Hass Gable

| TEDxLangleyED

Understanding Highly

Sensitive Kids Workshop A

Day In The Life Of A Highly

Sensitive Child

Understanding The Highly

Sensitive Child

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Understanding The Highly

Because the highly sensitive child experiences the world a little differently, and that can be difficult to understand. This simple guide book aims to help you experience the world from the child's perspective, so

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Sensitive Child Seeing An
Overwhelming World
that you can better
understand them and help
them to grow and thrive.

Through Their Eyes My

Amazon.com: Understanding
the Highly Sensitive Child

...

Understanding highly

Page 17/110

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Sensitive Child Seeing Five An

traits of highly sensitive children. High sensitivity

(also called Sensory-

Processing Sensitivity) has

been studied... The three Cs

of highly sensitive

children. Even when calm and

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happy, highly sensitive
children tend to stand out
from... Essentials for ...

Through Their Eyes My

Understanding highly Child Book

sensitive children - Focus
on the Family

Because the highly sensitive

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Through Their Eyes My
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child experiences the world
a little differently, and
that can be difficult to
understand. This book aims
to help you experience the
world from the child's
perspective, so that you can
better understand them and

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Understanding The Highly

help them to grow and thrive.

Understanding the Highly Sensitive Child: Seeing an

↑...

Because the highly sensitive child experiences the world

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Overwhelming World
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a little differently, and that can be difficult to understand. This book aims to help you experience the world from the child's perspective, so that you can better understand them and help. It's not easy to be a

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highly sensitive child. An

Overwhelming World

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Sensitive Child: Seeing an

Highly Sensitive Child Book

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Sensitive Child: Seeing an

Overwhelming World through

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Their Eyes (My Highly Sensitive Child Seeing An Overwhelming World Through Their Eyes My Highly Sensitive Child Book 1)

Understanding the Highly Sensitive Child: Seeing an

1...

Following are some of the key traits seen in children

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Through Their Eyes My
Highly Sensitive Child Book

with this temperament, which they are born with and is found in approximately 15-20% of the population:

Noticing everything – these children are highly tuned in to their environment and take everything in; they are

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the first... Sensitivity to

Overwhelming World

Understanding the Highly

Highly Sensitive Child | Insight Book

...

The Highly Sensitive Child

As a former highly sensitive

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child, I personally relate to Elaine Aron's description of one. She states, a "highly sensitive child is one of the fifteen to twenty percent...

The Highly Sensitive Child |

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Understanding The Highly

Psychology Today Seeing An

Signs Of A Highly Sensitive
Child: 1. Reacts

Emotionally: Your highly

sensitive child will react

with emotionally to almost

everything. A simple visit

to... 2. Broods Over

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Failures: If your child is highly sensitive, he will delve deeper into things than most other children...

3. Takes Things...

1

**Highly Sensitive Child -
Signs, Habits & Parenting**

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Understanding The Highly

A highly sensitive child needs support if they are to grow into a healthy adult.

Here's how to know if your child is sensitive and what to do to help them. You probably already know if your child is highly

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sensitive though you may not have put a name to the condition. A sensitive child may get upset by things that seem minor to you.

1

**Signs That Your Kid Is a
Highly Sensitive Child (and**

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How . . . Sensitive Child Seeing An

If you answered true to 13 or more of the questions, your child is probably

highly sensitive. But no psychological test is so accurate that you should base how you treat your

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child on it. If only one or two questions are true of your child, but they are extremely true, you might also be justified in calling your child highly sensitive.

Is Your Child Highly

Page 33/110

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Sensitive? – The Highly Sensitive Person

I'm the mom of two highly sensitive children ages 6 and 8. I understand first hand the challenges and frustrations that comes with raising an HSC, as I am

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experiencing them daily An
right along with you! I also
know how special these
children are and all the
wonderful things they can
offer when they have support
and understanding they need.

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Understanding The Highly

Home Page - The Highly Sensitive Child

If you find you are highly sensitive, or your child is,

I'd like you to know the following: Your trait is normal. It is found in 15 to 20% of the population-too

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many to be a disorder, but
not enough to be well
understood by the majority
of those around you. It is
innate.

1

The Highly Sensitive Person

Because it is written by

Page 37/110

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Understanding The Highly

Someone who is highly sensitive, and has raised a child is, he is able to explain just how it is, enabling us to put ourselves in Gabriel's head and understand why he is having these meltdowns, as well as

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sometimes being able to An
avoid them.

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Highly Sensitive Child: Seeing an

↑...

Highly Sensitive Children
are more 'work'. But when

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nurtured and cherished, they become masters of their emotional worlds with a complete understanding of who they, and the people around them ...

How to parent a highly

Page 40/110

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Understanding The Highly

sensitive child - News | An Khaleej Times

Highly sensitive children
are sensitive to your words,
demeanor, tone, atmosphere
and overall attitude towards
them so they'll do what they
know how to do - defy, talk

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Understanding The Highly

back, sass, refuse, and
make...

Overwhelming World

Through Their Eyes My

**The Highly Sensitive (and
Stubborn) Child | Psychology
Today**

A highly sensitive child

[HSC] is one of the fifteen

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to twenty percent of
children born with a nervous
system that is highly aware
and quick to react to
everything. This makes them
quick to grasp subtle
changes, prefer to reflect
deeply before acting, and

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Sensitive Child Seeing An
Overwhelming World
generally behave conscientiously.

Through Their Eyes, My Highly Sensitive Child Book

Understanding the Sensitive
Child [Online Course ...
It's not easy to be a highly
sensitive child. Nor is it
always easy to raise, care

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Overwhelming World
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for, guide and teach a
highly sensitive child. This
simple, concise book steps
beyond a basic understanding
of high sensitivity, looking
at the challenges and
distress that meltdowns can
cause for highly sensitive

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Understanding The Highly

children. Sensitive Child Seeing An

Overwhelming World

Through Their Eyes My

The highly bestselling author and

psychologist whose books

have topped 240,000 copies

in print now addresses the

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Understanding The Highly

trait of "high sensitivity"
in children—and offers a
breakthrough parenting
guidebook for highly
sensitive children and their
caregivers. With the
publication of *The Highly
Sensitive Person*, Elaine

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Understanding The Highly

Aron became the first person to identify the inborn trait of "high sensitivity" and to show how it affects the

lives of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in The

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Highly Sensitive Child, Aron
shifts her focus to highly
sensitive children, who
share the same

characteristics as highly
sensitive adults and thus
face unique challenges as
they grow up. Rooted in

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Understanding The Highly

Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily

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overwhelmed. These qualities

can make for smart,
conscientious, creative

children, but with the wrong

parenting or schooling, they

can become unusually shy or

timid, or begin acting out.

Few parents and teachers

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1 understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed

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Sensitive Child (such as An
Overwhelming World
Through Their Eyes My
Highly Sensitive Child Book
Attention Deficit Disorder).

But raised with proper
understanding and care, HSCs

are no more prone to these

problems than nonsensitive

children and can grow up to

be happy, healthy, well-

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adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on:

- The challenges of raising an highly sensitive

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child • The four keys to
successfully parenting an

HSC • How to soothe highly
sensitive infants • Helping

Highly Sensitive Child Survive
in a not-so-sensitive world

• Making school and
friendships enjoyable With

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warmhearted, timely

information for parents,

teachers, and the sensitive

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Understanding The Highly

children in their lives. An

Overwhelming World

It's not easy to be a highly sensitive child. Nor is it

always easy to raise, care

for, guide and teach a

highly sensitive child. This

simple, concise book steps

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Understanding The Highly

beyond a basic understanding of high sensitivity, looking at the challenges and distress that meltdowns can cause for highly sensitive children. And for you. A meltdown can be a terrifying experience for a highly

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sensitive child and for

people witnessing it. This

guide gives you the

confidence to understand

what having a meltdown

means, and the knowledge to

provide support and comfort.

We help you to navigate the

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reasons why meltdowns happen
and how to prevent them
where possible, as well as
the vital need to be
compassionate and caring
with yourself and others
when they do occur.

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Understanding The Highly

The 25TH ANNIVERSARY EDITION

of the original ground-

breaking book on high

sensitivity with over

500,000 copies sold. ARE YOU

A HIGHLY SENSITIVE PERSON?

Do you have a keen

imagination and vivid

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dreams? Is time alone each
day as essential to you as
food and water? Are you
noted for your empathy? Your
highly sensitive? Do noise
and confusion quickly
overwhelm you? If your
answers are yes, you may be

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Understanding The Highly

a highly sensitive person
(HSP) and Dr. Elaine Aron's
The Highly Sensitive Person
is the life-changing guide
you'll want in your toolbox.
Over twenty percent of
people have this amazing,
innate trait. Maybe you are

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one of them. A similar percentage is found in over 100 species, because high sensitivity is a survival strategy. It is also a way of life for HSPs. In this 25th anniversary edition of the groundbreaking classic,

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Dr. Elaine Aron, a research and clinical psychologist as well as an HSP herself, helps you grasp the reality of your wonderful trait, understand your past in the light of it, and make the most of it in your future.

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Through Their Eyes My
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Drawing on her many years of study and face-to-face time spent with thousands of HSPs, she explains the changes you will need to make in order to lead a fuller, richer life. Along with a new Author's Note,

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the latest scientific research, and a fresh discussion of anti-depressants, this edition of *Highly Sensitive Child* is more essential than ever for creating the sense of self-worth and empowerment

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every HSP deserves and our planet needs. "Elaine Aron has not only validated and scientifically corroborated high sensitivity as a trait—she has given a level of empowerment and understanding to a large

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group of the planet's
population. I thank Dr. Aron
every day for her having
brought this awareness to
the world." —Alanis
Morissette, artist,
activist, teacher

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Understanding The Highly

Do you fall in love hard, but fear intimacy? Are you sick of being told that you are "too sensitive"? Do you struggle to respect a less-sensitive partner? Or have you given up on love, afraid of being too sensitive or

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shy to endure its wounds?

Statistics show that 50 percent of what determines divorce is genetic

temperament. And, if you are one of the 20 percent of people who are born highly sensitive, the risk of an

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unhappy relationship is An especially high. Your finely tuned nervous system, which picks up on subtleties and reflects deeply, would be a romantic asset if both you and your partner understood you better. But without that

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understanding, your
sensitivity is likely to be
making your close
relationships painful and
complicated. Based on Elaine
N. Aron's groundbreaking
research on temperament and
intimacy, The Highly

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Sensitive Person in Love An

offers practical help for

highly sensitive people

seeking happier, healthier

romantic relationships. From

low-stress fighting to

sensitive sexuality, the

book offers a wealth of

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practical advice on making
the most of all personality
combinations. Complete with
illuminating self-tests and
the results of the first
survey ever done on sex and
temperament, The Highly
Sensitive Person in Love

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will help you discover a better way of living and loving.

Through Their Eyes My

Firstly, she taught you the value of your highly sensitive nature in her bestselling classic The

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Overwhelming World

Through Their Eyes. My

Highly Sensitive Parenthood. Book

Parenting is the most

valuable and rewarding job

in the world, and also one

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of the most challenging. An

This is especially true for
highly sensitive people.

Highly sensitive parents are

unusually attuned to their

children. They think deeply

about every issue affecting

their kids and have strong

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emotions, both positive and negative, in response. For highly sensitive people, parenting offers unique stresses—but the good news is that sensitivity can also be a parent's most valuable asset, leading to increased

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personal joy and a closer, happier relationship with their child. Dr. Elaine Aron, world-renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity,

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has written an indispensable guide for these parents.

Drawing on extensive research and her own

experience, she helps highly sensitive parents identify

and address the implications of their heightened

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Understanding The Highly

sensitive Child Seeing An Overwhelming World Through Their Eyes My Highly Sensitive Child Book

- A self-examination test to help parents identify their level of sensitivity
- Tools to cope with overstimulation
- Advice on dealing with the negative feelings that can surround parenting
- Ways to

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manage the increased social
stimulation and interaction
that comes with having a

child • Techniques to deal

with shyness around other

parents • Insight into the

five big problems that face

highly sensitive parents in

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relationships—and how to work through them Highly sensitive people have the potential to be not just good parents, but great ones. Practical yet warm and positive, this groundbreaking guide will

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show parents how to build
confidence, awareness, and
essential coping skills so
that they—and their
child—can thrive on every
stage of the parenting
journey. "This book is
filled with validating,

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healing and empowering
information about how to
navigate one of the most
important roles of our lives
while being highly
sensitive. It changed my
life in the most healing and
empowering ways." -Alanis

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Morrisette, artist,
activist, teacher

Through Their Eyes My
Highly Sensitive Child Book
1
Ms. Rosenshein provides a
hands-on approach for
helping you and your highly
sensitive child. In
Parenting the Highly

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Sensitive Child you will find solutions that work and are easy to apply to home life, school life and your child's emotional world. You will also learn: What a highly sensitive child is and how it ties into ADHD

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The 4 types of sensitive children
Tips & Tools for helping your sensitive child make it in a less than sensitive world

1

Have other people called your child 'too sensitive'?

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Do you have children who cry too easily or have too many particular demands? Have you felt at a loss on how to

confront your child who may be too emotional and flies off into tantrums easily?

Your child may be a highly

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sensitive child. High sensitivity is a personality trait that may not be common but exists in 15 to 20 percent of our population.

They are ordinary people, but highly sensitive people may just have some

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particular needs not shared
by everyone. Having a highly
sensitive child may be
challenging for parents and
many have searched for
resources on how to take
care of them. This book is a
product of my own experience

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of taking care of a highly sensitive child. Hopefully, the insights I have gathered from my personal experience with HSC may also help other parents in taking better care of their highly sensitive children. In this

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book, you will learn: What a highly sensitive child is and what causes such a personality trait Ways on disciplining a highly sensitive child Proper attitude and approaches to adopt when caring for a

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1
at your child in the same

way again. You will learn to

appreciate the giftedness of

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your child's sensitivity and
even be thankful you had
one. May your parenting
problems find confidence in
this book dedicated to the
creativity of highly
sensitive children.

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Understanding The Highly

"Based on groundbreaking research that has the power to change the lives of countless children--and the adults who love them."

--Susan Cain, author of *Quiet: The Power of Introverts*. A book that

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offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children. In Tom Boyce's extraordinary new book, he explores the "dandelion"

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child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not

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more than, other children.

Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-

development research for almost four decades, and

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explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety,

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Sensitive Child Seeing An

attention deficit hyperactivity disorder, and
antisocial, sociopathic, or

violent behaviors. But

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1 "risk" gene as a liability,

Boyce, through his daring

research, has recast the way

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we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before

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but far exceed their peers.

Orchid children, Boyce makes clear, are not failed

dandelions; they are a

different category of child,

with special sensitivities

and strengths, and need to

be nurtured and taught in

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special ways. And in The

Orchid and the Dandelion,

Boyce shows us how to

understand these children

for their unique Child Book

sensibilities, their

considerable challenges,

their remarkable gifts.

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Understanding The Highly Sensitive Child Seeing An

This simple, concise book
steps beyond a basic
understanding of high
sensitivity, looking at the
challenges and distress that
meltdowns can cause for
highly sensitive children.

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Understanding The Highly

And for you. A meltdown can be a terrifying experience for a highly sensitive child and for people witnessing it. This guide gives you the confidence to understand what having a meltdown means, and the knowledge to

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provide support and comfort.

We help you to navigate the reasons why meltdowns happen and how to prevent them

where possible, as well as the vital need to be

compassionate and caring with yourself and others

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when they do occur. Seeing An

Overwhelming World

A psychotherapist and workshop leader presents a

comprehensive collection of pre-tested exercises

developed to enhance the lives of highly sensitive

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people and help them embrace
their unique trait.

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