



## The Highly Sensitive Child Helping Our Children Thrive When the World Overwhelms Them

By Elaine Aron

Harmony. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.1in. x 5.4in. x 1.1in. The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the 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 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 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 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 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 understand where this behavior comes from and as a...



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