

[DR ELAINE ARON THE HIGHLY SENSITIVE PERSON](#)



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About Dr Elaine Aron The Highly Sensitive Person

Besides beginning the study of the innate temperament trait of high sensitivity in 1991, she, along with her husband Dr. Arthur Aron, are two of the leading scientists studying the psychology of love and close relationships. They are also pioneers in studying both sensitivity and love using functional magnetic resonance imaging.

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The Highly Sensitive Person

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).

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I tend to be very sensitive to pain. I find myself needing to withdraw during busy days,into bed or into a darkened room or any place where I can have some privacy and relief from stimulation. I am particularly sensitive to the effects of caffeine. I am easily overwhelmed by things like bright lights, strong smells,coarse fabrics,or sirens close by.

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The Highly Sensitive Person The Highly Sensitive Person

Elaine sees the success of The Highly Sensitive Person as cause for celebration: We ve done it ourselves, almost entirely by word-of-mouth. And not surprisingly, since we are 15 to 20 percent of the population that s fifty million in the United States. Highly sensitive people are real, we exist, and we ve proven it.

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The Highly Sensitive Person How to Thrive When the World

Most of us feel overstimulated every once in a while, but for the Highly Sensitive Person, it's a way of life. In this groundbreaking book, Dr. Elaine Aron, a psychotherapist, workshop leader and highly sensitive person herself, shows you how to identify this trait in yourself and make the most of it in everyday situations.

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The Highly Sensitive Person How to Thrive When the World

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The Highly Sensitive Person An Interview with Elaine Aron

Excerpts from an interview with Elaine Aron Ph.D., author and psychologist. Please also see her talk on Sensitivity Research: <http://www.youtube>

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Elaine Aron A Talk on High Sensitivity Part 1 of 3 Research

The full 95 minute DVD can be ordered from Elaine Aron's HIghly Sensitive Person website. www.hsperson.com, from mine www.sharidyer.com or from

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