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The Highly Sensitive Person ebook by Aron Elaine N

About The Author. Elaine N. Aron, Ph.D., has been researching sensory processing sensitivity since 1992 and, besides scientific articles, has written *The Highly Sensitive Child*, *The Highly Sensitive Person in Love*, *The Highly Sensitive Person Workbook*, and *The Undervalued Self*.

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The Highly Sensitive Person Publishing Company

My Books. As a husband, father, business owner, and Highly Sensitive Person (HSP), I write about high sensitivity from a personal perspective. In my books, I share lessons I've learned, challenges I've faced, and offer tips for thriving as a highly sensitive person.

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Sensory processing sensitivity Wikipedia

A human with a particularly high measure of SPS is considered to be a highly sensitive person (HSP). The terms SPS and HSP were coined in the mid-1990s by psychologists Elaine Aron and her husband Arthur Aron, who developed the Highly Sensitive Person Scale (HSPS) questionnaire by which SPS is measured.

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