

Highly Sensitive People in an Insensitive World: How to Create a Happy Life

By Ilse Sand

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In today's fast-paced, increasingly public society, we are expected to be resilient, to have the energy to manage a packed work schedule, social calendar, and a large network of friends, both online and offline, day and night. If you find yourself struggling to live up to, or even enjoy, these non-stop social expectations, then this book is for you.

Written for highly sensitive people, the book explains the characteristics of being highly sensitive and how to overcome common difficulties, such as low self-esteem and the exhausting effects of socialising. Ilse Sand also encourages you to explore and appreciate the advantages of high sensitivity, including your aptitude for depth, intensity and presence, and suggests activities to calm and inspire.

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Editorial Review

Review
This book will be a go-to resource that I will be recommending to all the HSPs I work with; whether they are just discovering what it means or if they've been aware for a while. It provides a perfect balance of inspiration, research, and encouragement for those of us wanting to better understand our trait so that we can be more effective and positively impactful in our own lives and the lives of those around us. -- Andy Mort, Songwriter and founder of SheepDressedLikeWolves.com, a website dedicated to inspiring and encouraging creative introverts and HSPs A book written for HSPs addressing the various facts, joys and challenges of an innate trait. Particularly useful for sensitive people whose anxiety has made it difficult to fully be present in the world or who are struggling to overcome historical obstacles and reach their potential. -- Barbara Allen-Williams, Founder, National Centre for High Sensitivity UK (www.hspsensitive.com) Mental health trainer Sand has developed a number of psychotherapeutic approaches to mental health in Denmark and now turns her attention to the introverted "delicate soul." Her research finds that highly sensitive people often feel overstimulated, have a rich inner life, are easily affected by the moods of others, and are so conscientious that they tend to feel responsible for the actions of those around them. Sand not only helps these individuals deal with the guilt and anger they often feel but also encourages them to appreciate the gifts (e.g., aptitude of depth, intensity, and presence) that they bring to social interaction. VERDICT This work offers affirmation and support for those with acutely impressionable personalities. Library Journal

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This book will be a go-to resource that I will be recommending to all the HSPs I work with; whether they are just discovering what it means or if they've been aware for a while. It provides a perfect balance of inspiration, research, and encouragement for those of us wanting to better understand our trait so that we can be more effective and positively impactful in our own lives and the lives of those around us. (Andy Mort, Songwriter and founder of SheepDressedLikeWolves.com, a website dedicated to inspiring and encouraging creative introverts and HSPs)

A book written for HSPs addressing the various facts, joys and challenges of an innate trait. Particularly useful for sensitive people whose anxiety has made it difficult to fully be present in the world or who are struggling to overcome historical obstacles and reach their potential. (Barbara Allen-Williams, Founder, National Centre for High Sensitivity UK (www.hspsensitive.com))

Mental health trainer Sand has developed a number of psychotherapeutic approaches to mental health in Denmark and now turns her attention to the introverted "delicate soul." Her research finds that highly sensitive people often feel overstimulated, have a rich inner life, are easily affected by the moods of others, and are so conscientious that they tend to feel responsible for the actions of those around them. Sand not only helps these individuals deal with the guilt and anger they often feel but also encourages them to appreciate the gifts (e.g., aptitude of depth, intensity, and presence) that they bring to social interaction. **VERDICT This work offers affirmation and support for those with acutely impressionable personalities**. (*Library Journal*)

About the Author

Ilse Sand is a theology graduate from the University of Aarhus, where she wrote her Master's thesis on C.G. Jung and Søren Kierkegaard. She is also trained in several psychotherapeutic approaches and is registered

with the Association for Psychotherapy in Denmark. After being employed for several years as a parish priest for the Danish National Church she now works as a supervisor, trainer, speaker and therapist. See more at www.highlysensitive-hsp.com

Translated from the Danish by Elisabeth Svanholmer. Elisabeth is originally from Denmark and has been living in the UK since 2013. Her background is in Dance and Arts, but she has been working as a mental health trainer since 2006 and is particularly passionate about recovery and holistic approaches to mental health. She contacted Ilse and offered to help translate the book and now looks forward to sharing it with an English speaking audience.

Users Review

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