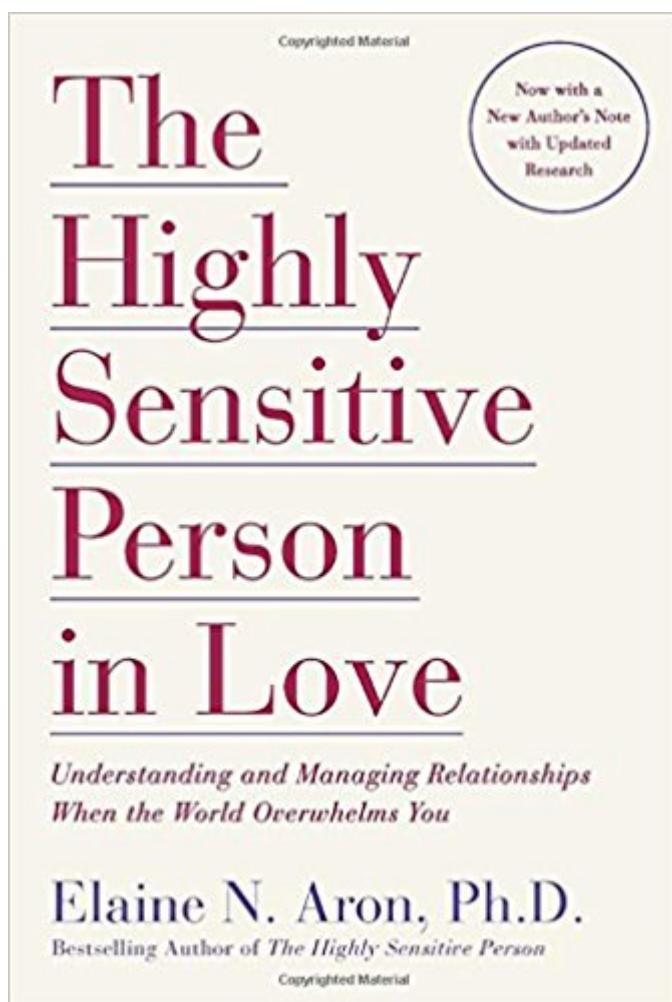


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# The Highly Sensitive Person In Love: Understanding And Managing Relationships When The World Overwhelms You



## Synopsis

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 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 unhappy relationship is 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 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 Sensitive Person in Love* 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 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* will help you discover a better way of living and loving.

## Book Information

Paperback: 272 pages

Publisher: Harmony; First Printing Underlining edition (January 9, 2001)

Language: English

ISBN-10: 0767903366

ISBN-13: 978-0767903363

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 111 customer reviews

Best Sellers Rank: #22,964 in Books (See Top 100 in Books) #49 in Books > Self-Help > Emotions #63 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality #139 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

## Customer Reviews

Picking up where *The Highly Sensitive Person* left off, *The Highly Sensitive Person in Love* explores the sometimes bumpy but ultimately rewarding terrain that love relationships have to offer this group of people. HSPs, as they are known, make up the estimated 15 to 20 percent of the population that have very sensitive nervous system and are prone to deep reflection and feelings of being

overwhelmed by the world. These special characteristics, which tend to be misunderstood as shyness and dismissed as signs of weakness in our highly competitive society, inevitably bring interesting challenges to all kinds of love relationships for HSPs. Author Elaine Aron--who's a psychotherapist, researcher, and an HSP--delves deep into the subject and surfaces with detailed, helpful, wise advice for HSPs and their partners, be they fellow HSPs or non-HSPs. Aron details the positive and negative sides to such relationships, including how the HSP benefits, how both members of the relationship benefit, the typical challenges that arise, and solutions to those challenges. For instance, a relationship made up of two HSPs may engender low levels of arousal, or awareness, which means that both of you will avoid doing the same things that make you uncomfortable, such as shopping, dealing with conflict, and being in crowds. Solution? Simplify your life, see if you can hire someone to take care of the tasks neither of you wants to do--but don't forget that doing such tasks is also a way to grow personally--and divvy up the tasks according to preference. As for conflict, Aron says that having a plan of action is the best route--decide how to handle conflict in the relationship before the conflict flares up. Another reality of an HSP-HSP union is that neither person will be able to max out on work and expect to have a decent home life, so at least one of you will have to limit activities. So, plan not to have more than one child if you both work (it may be too late for some couples to put this one into action; if so, Aron advises that one parent stay at home). Throughout the book, Aron stresses that being in a relationship is a "package deal"

In her 1996 bestseller, *The Highly Sensitive Person*, Aron defined "HSPs" as people who "pick up on subtleties, reflect deeply and therefore are easily overwhelmed." A self-professed HSP, Aron identifies the cause of this "innate temperament" as a "strong pause-to-check system" involving the neurotransmitter serotonin. The result, she explains, is "a major, normal, inherited difference in how the entire nervous system functions [and affects] every aspect of life" for 15% to 20% of the population. Aron also identifies inherited traits of "HSSs" or "high sensation seekers," whose love for change and bold risk-taking are spurred by the neurotransmitter dopamine. (Somewhat confusingly, Aron claims that it is possible for one person to be an HSP and an HSS simultaneously, or a non-HSP and a non-HSS, or any combination thereof.) Self-tests help readers assess themselves and their partners in both areas. Based on her research as a psychotherapist, hundreds of personal interviews with individuals and couples, and some recent controlled studies done by others, Aron describes the various possible "personality combinations," reasons for their attraction to one another and potential areas of conflict. Aron offers a fresh way of perceiving the diversity and complexity of human personality that will help readers better understand themselves, their partners and the

dynamics of interaction. Agent, Betsy Amster. 4-city tour. Copyright 2000 Reed Business Information, Inc. --This text refers to the Audio CD edition.

I didn't read her first book, so it had a nice summary to get me up to speed. Some of the material on attachment/fear of commitment I read elsewhere.

I enjoyed this book as it provided me with additional insight into the trait. It's a good book to start out with or if you're just interested in learning about how it pertains to love. At the very least, you get to support the author who started the opening process for us all!

Elaine Aron goes into even more detail about the trait of High Sensitivity, particularly how childhood trauma and difficulty can affect an HSP. I found the information about HSP's in relationships with each other and with non HSPs very helpful. I also was gratified that she went into more detail about how the High Sensation Seeking (HSS) also comes into play with sensitivity. This book helped me understand how I approach a love relationship, and gain greater self-acceptance as a result.

If you wonder why you're effected by things others aren't. This is the book for you. Both my fiancee and I fall into the type of the HSP. We've been together almost 4 years now and we're just starting to understand each other's sensitivity levels. Good read.

Great read if you are one. Also good if you are in any relationship with one. Also good to know because sooner or later you will have exchange with one.

Great book when you're ready

Like all her books, very helpful.

changed my life

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