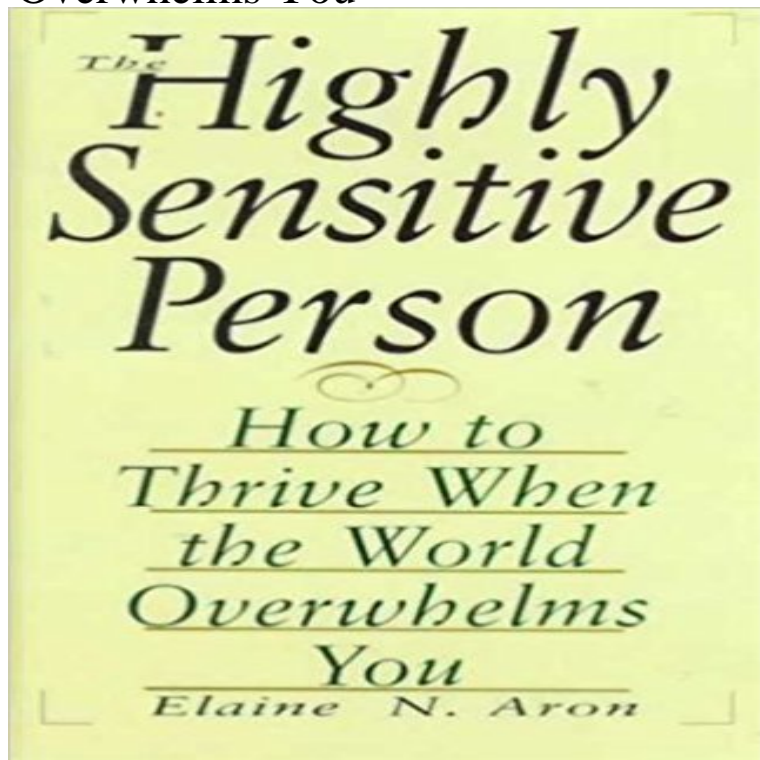


# The Highly Sensitive Person: How to Thrive When the World Overwhelms You



Stating that hypersensitivity is an asset rather than a flaw, a guide for the one out of every five people who is highly subject to his or her surroundings offers coping methods while explaining how to benefit from sensitivity-related personality traits.

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