



For Highly Sensitive Persons: How to Manage Your Sensitivity, Bolster Your Coping Skills and Stay Sane in a Provocative and Noisy World

Raven Heidrich

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If you have any of these symptoms:

- The moods of those around you can greatly affect you.
- Arts and music can deeply affect you.
- You tend to be a perfectionist, afraid of making mistakes.
- Violent movies affect you much more than they do other people.
- Being hungry affects your mood.
- Changes in life can really mess with your well-being.
- You do everything in your power to avoid upsetting and stressful situations.
- Being observed or tested makes you do worse because you are so nervous.

Then this book is going to change your life. It will show you how to use your sensitivity to your advantage and view it as a superpower instead of a hindrance. My method worked for others and it will work for you as well.

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