



# **The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World**

*Ted Zeff, Elaine N. Aron*

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If you're a highly sensitive person (HSP), you're in good company. HSP's make up some 20 percent of the population, individuals like you who both enjoy and wrestle with a finely tuned nervous system. You often sense things that others ignore such as strong smells, bright lights, and the crush of crowds. Even the presence of strangers in your immediate vicinity can cause you considerable distraction. You already know that this condition can be a gift, but, until you learn to master your sensitive nervous system, you might be operating in a constant state of overstimulation.

As an HSP, the most important thing you can learn is how to manage your increased sensitivity to both physical and emotional stimulation. This accessible, practical guide contains strategies to help you master this critical skill. Build your coping skills by exploring the books engaging exercises. Then, keep the book by your side, a constant companion as you make your way through your vibrant and highly stimulating world.

- Find out what it means to be a highly sensitive person
- Take the self-examination quiz and find out whether you are highly sensitive
- Learn coping techniques indispensable to HSP's
- Discover how to manage distractions like noise and time pressure at home and at work
- Reduce sensory-provoked tension with meditation and deep relaxation techniques
- Navigate the challenges of interacting with others in social and intimate relationships

## **The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World Details**

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# **From Reader Review The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World for online ebook**

**Vicki B says**

Some good points. Not quite as helpful as I thought it would be, but I'm sure I'll refer back to it from time to time.

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**Stacy Curro says**

Interesting, but the people that need to be reading this are not. Should be required reading for managers and HR.

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**Corinne Campbell says**

After my psychologist suggested I am an HSP, with sensory issues that feed into anxiety, I was curious to read some more. Ted Zeff's book was rated highly on GoodReads and Amazon, so I downloaded the Kindle version.

Unfortunately I've rarely come across a more poorly written, patronising book, made worse because of the amount of pseudoscience promoted throughout. (Homeopathy, Ayurveda healing, float tanks...)

Rather than supporting HSPs, this book encourages them to hide from the world. It's based on a deficit view that encourages HSPs to accept limitations rather than manage and move beyond them.

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**Marjorie says**

wow- incredible insights about my husband and son. This helped me better understand them and how I can be more supportive to a highly sensitive person. Will definately read more books on this topic. Now to get my husband and son to read it.....

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**N.K. Layne says**

Zeff wrote this book from a deeply personal place-- which is why I have to give it one star. I am not Zeff, at all, so I did not relate to this book. This does not mean that I am not "HSP", I hit all the characteristics for this personality type, but I do not relate to the world like Zeff, regardless.

Zeff's spirituality dominated this book from page one. This frustrated me but then when I got to the concluding chapter which was directly \*about\* spirituality, I no longer had any patience. The main advice in this book is to meditate. Have a problem? Any problem at all? Meditate on it. It isn't that meditation doesn't have any worth to it-- but the repetition of this advice makes it meek and feeble.

He also speaks at length about karma, God, and the afterlife. I strongly disagree with all these notions, so I couldn't take the man seriously.

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### **Zach Harper says**

Highly patronizing, and written with a large amount of victim blaming. Apologize for being sensitive when you ask someone to be considerate or when dealing with abusive behaviour? Talk about gas lighting. No thanks. You have to be kidding me.

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### **Tatiana Kim says**

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### **JZ says**

While I appreciate that there are good uses for this book, I found it to be too little, too late for me.

Until last month, I had never heard of highly sensitive people as being a 'thing.' As I read this book, got it. I felt some relief that it wasn't just me 'being precious.' I know a few people like me, but I hadn't thought that it was a group participation thing that someone could actually make money writing a book about. I was curious.

I saw at once that this is why my mother and I fight constantly over her use of perfumed products, and my disability due to multiple chemical sensitivity. Hormonal changes made it much worse for me, and my mother just thought that I made it all up. Now, after over 35 years of my being disabled from it, she finally agrees that I'm ill, but that I could overcome it if only I tried. She still uses hair spray, but tells me that she did it "hours ago, and I can't smell it, so why can you?"

Yeah, that doesn't work. Maybe this book would work better for her understanding of my issues with noise, odors, bright lights, and uncomfortable textures, but it did little or nothing for me. I've had to adapt on my own forever. It has led to my having to leave jobs, homes, and relationships. Let's just say, it's been a journey.

In order to sound reasonable about high sensitivity, the author uses far too many examples of his own sensitivity, and those of people he has counseled. He sounds whiny and overly-apologetic. I didn't like him. By the end of the book, when he was advocating every new-age remedy short of astrology, I was so done

with him.

With the new culture of the 'special snowflake' variety, this comes off as just another special interest group that needs 'empowerment' and this guy is out to make a buck off of it.

I'm old, and there was a name for us: sissies. I did what I needed to do to save my own life. Polite letters help; petitions work even better. It's taken time, but my grocery store no longer has an automatic air freshener pumping petrochemicals into the air of their smallest rooms that everyone uses, and neither does the coffee shop. That, alone, was a huge victory for me. Now, I don't have to go home to pee. Hip, hip, hooray! (That isn't in the book, by the way.)

I seldom go out to places where there are crowds, and never just after Christmas, Mother's Day, or Father's Day, because the recipients of those expensive bottles of scent must wear them to prove their appreciation to their relatives that spent so much money on them. Churches and theatres are two places that I can't even approach without fainting. I wish it were different, but I know better, and, bonus: it's a great way to get more sleep on Sunday morning.

See, does this sound whiny?

At last, my doctors' offices all have signs asking people not to wear perfume when they come to the office. Of course, there's no way of telling them that they aren't welcome if they ignore it. I just keep thinking, 'baby steps', and I grab a mask and ask to be taken to another room, or I will sit in the car and wait for them to come get me for my appointment. I've learned to cope.

Basically, the book advocates for being pro-active. When I can, I do. Often, I just stay home, where I'm safe, and grateful that I can be safe. Many years ago, I didn't have that option.

Perhaps, if this book had been around 40 years ago, it would have been more helpful, but now, meh. I already have the t-shirt.

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## **Stella says**

If you are an HSP (you know who you are: you don't go to the movies because you are assaulted by the popcorn smell; You don't go to certain stores, because the fluorescent lighting makes you nauseated or triggers a migraine) read this book. It will make a lot of sense. If you are not one, you might think that it is just craziness.

I liked this book because it is the only book I have read on this topic that doesn't go overboard with how great it is to be an HSP. At best, being an HSP is akin to being left handed. Sometimes it is almost a handicap.

I waited a couple of weeks to review this book because I wanted to be able to report to anyone who might care whether it was useful. I was already doing yoga, but I believe that some of the other suggestions in this book are worth trying, if you, like me, are an HSP (or "way too sensitive.") For example, I have found that the breathing exercises and the noise control suggestions have substantially improved the quality of the sleep I get at night.

Overall, if you are a highly sensitive person, this book is worth reading.

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### **Tracey says**

This is the first book I've read about the highly Sensitive person. Thank god I finally have some Understanding of myself! Loved it. Practical tools for surviving daily life as a HSP.

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### **Andrea Marley says**

This book is life-changing for me. LIFE-CHANGING PEOPLE!!!! I'm am not alone! The HSP guide helped me understand myself and my relationships better....I was on the right track, but this certainly fleshes it out.

I have included a link to the HSP test to take if you think you might be one.  
<http://hsperson.com/test/highly-sensi...>

Also, here is a podcast for HSP's that is helpful..  
<http://highlysensitiveperson.net/hspp...>

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### **Julie L says**

While I hadn't liked the original HSP book by Aron (I skimmed it briefly and put it away) this one was interesting enough that I read nearly all of it and determined that I should give the Aron book another go. That was its value--it was interesting enough for me to give this topic another try. It has a lot of practical tips--some of them obvious--but many of them helpful. The author uses some laughable alliteration, and you get an overall feeling of fussiness from him (I would never take the HSP thing so seriously or tell people I had a "finely-tuned nervous system") but once past that the book does have the motivation of helping people behind it.

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### **Anna says**

If you are a highly sensitive person, you'd better avoid this book. It managed to achieve the exact opposite of what it was trying to do: instead of providing you with guidance and soothing calm, it irritated the hell out of me.

I don't have any objections to meditation. Good stuff. Eating healthy? Yes, of course. Less stress? Wonderful idea! But apart from the fact that all of these are obvious and actually just as relevant to any highly sensitive, moderately sensitive and insensitive human being at all, there's one more huuuge issue with the author's advice. And this thing is: either he is living in some other, alternative reality, or he probably just never met ordinary people. Not comfortably retired millionaires, but us, usual folks with daily jobs, chores, families and stuff.

Does the guy seriously think that getting up "one hour" earlier, to "meditate", do relaxing exercises and prepare, eat and enjoy a "healthy breakfast" is possible for someone who needs to be in the office at 7 am? Really? And all of those evening relaxations, meditations, avoiding arousing stuff like computers, phones etc are incredibly easy to achieve when you have just several hours to clean up, cook, do groceries and hopefully stay in touch with friends and relatives by phone/email?

Honestly, where does he live? I want to live there too! But speaking seriously, having a lot to do and even handling two jobs does not mean you cannot provide yourself with some quiet time or establish routines. Unfortunately though, you'll have to figure it out on your own because you won't find much help from the book.

If you want to get some sensible and doable advice, better read Elaine Aron's book(s). I like her approach way more, and both her manner of writing, as well as her recommendations, are spot-on. Her books changed my life for the better, without me having to quit my job and move to the forest away from it all :)

By the way, I do eat healthy breakfast. But I don't wake up an hour earlier to savour it :)

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### **Michelle says**

This book was shitty and repetitive, but helpful in that it had a lot of good tips. Aron's book is much, much better overall.

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### **Ashley says**

A "highly sensitive person" is defined as a person with a finely tuned nervous system who has trouble screening out stimuli and can be easily overwhelmed by noise, crowds, and time pressure.

I went into this expecting a bit more than "the basics", which may explain why I was slightly disappointed. If I read a book about "essential camping skills" I would expect a bit more than the obvious "bring a tent" and "don't forget to pack food", which is basically what this book offered. Wear earplugs to drown out annoying noises and don't look at the clock when you're struggling to fall asleep were some of the suggestions proffered by Zeff.

However, I did appreciate the many Buddhist references, since achieving inner peace and surrendering to your environment is complimentary to Zeff's advice. It wasn't a bad read, necessarily, just very basic in nature.

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