

Highly Sensitive

THE PRACTICAL MANUAL FOR
DEALING WITH HIGH SENSITIVITY
AND HIGHLY SENSITIVE PEOPLE

LUKE EISENBERG

**Highly Sensitive:
The Practical Manual For
Dealing With High Sensitivity
And Highly Sensitive People**

**(High Sensitivity Guide: Including
Many Tips And Tricks For Private And
Professional Everyday Life)**

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What is high sensibility?

[What does high sensitivity mean?](#)

[How does high sensitivity work?](#)

[The Gift](#)

[The advantages of high sensitivity](#)

[Self-reflection](#)

[Recognizing High Sensitivity](#)

Special features of high sensitivity

[High sensitivity - a new trend](#)

[Tired of impressions](#)

[High Sensitivity as High Giftedness](#)

[Wrong Therapies](#)

High sensitivity and fears

[Just stress or highly sensitive?](#)

[The biological side](#)

[Anxiety disorders](#)

[The Similarity of Stress, Anxiety and High Sensitivity](#)

Dealing with one's own high sensitivity

[Your own life](#)

[In the peace lies the strength](#)

[See high sensitivity as a gift](#)

Dealing with other highly sensitive people

[The normal respect](#)

[Negative feelings](#)

[Dealing with each other](#)

High sensitivity in the partnership

[Highly sensitive people are shy](#)

[Love as a burden](#)

Self-confidence

The Sex

Communication

Dealing with a highly sensitive partner

Conflict situations

Energy management

Taking High Sensitivity Seriously

Communication means listening

Communication means exchanging information

Acceptance and patience

Dealing with high sensitivity at work

High sensitivity and its two sides

Highly sensitive integration

The working day

The colleagues

Dealing with highly sensitive children

Recognizing High Sensitivity in a Child

The Gift

A disease-causing environment

Taking the child seriously

The accompaniment

Tips for dealing with high sensitivity on a daily basis

Take your time

Avoid dealing with the wrong people

Avoid crowds

Play someone else

Aids

The right routine makes the difference

The place of life

The right job

Cut yourself off

Bottom line

Introduction

What is it that all people, each for themselves and all together, want? What wish do they have that always drives them? It's the desire to accept oneself. It is the desire to simply be at peace with oneself, to be satisfied with oneself, and to be able to suffer oneself.

Many people fight with themselves all their lives. They see themselves in a bad light, they have inferiority complexes and they even condemn themselves. This can affect everyone, and there are people for whom it is much more difficult to accept themselves. We're talking about the highly sensitive among us.

Highly sensitive people perceive everything much more strongly than others. That's why they suffer much more from rejection. But they experience the rejection from others, because they are not like them. The rejection is transmitted and in the end many highly sensitive people reject themselves.

But what many overlook is that high sensitivity, like so many other things, has two sides. That means it's as much a curse as a gift. What's the difference? Only what the affected person himself makes of it. That is why it is so important that you understand your unique position as a highly sensitive person and make the most of it for yourself. And there's a lot you can do with it.

However, not every reader of this book is directly affected by the subject of high sensitivity. There are also many indirectly affected people who have a highly sensitive person in their lives, a person who is important to them. This can be a friend, your own partner, your own child or a colleague at work.