
The Gifted Highly Sensitive Introvert Wisdom For Emotional Healing And Expressing Your Radiant Authentic Self By Benita A Esposito

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May 26th, 2020 - in her groundbreaking 1996 book the highly sensitive person dr elaine aron first brought the trait to light validating the unique lives of one fifth of the population with this in depth audio learning program taught by elaine herself a fellow hsp she invites us to learn the full scope of what we now know about high sensitivity including many new research findings and life strategies'

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western civilisation today is dominated by the extravert viewpoint this is because extraverts outnumber introverts 3 to 1 are more vocal than introverts and are more understandable than introverts'

'12 signs you re a highly sensitive person introvert dear
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