



The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You

Karyn Hall

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It's a commonly heard phrase: *Stop being so sensitive*. These words can be frustrating to hear, and if you are an emotionally sensitive person, they often have the opposite of the desired effect. You cannot simply switch off your emotions like you would a TV show or a radio station playing an annoying song. But there *are* effective techniques that can help you manage these emotions before they take over your life.

In *The Emotionally Sensitive Person*, a psychologist provides proven-effective cognitive behavioral and mindfulness techniques to help people like you who struggle with intense emotions. In the book, you will learn powerful tools for staying in the present moment, identifying emotional triggers, developing a strong and healthy identity, and experiencing overwhelming or uncomfortable emotions without becoming upset.

You'll also learn how to be more relaxed in your relationships, how your personal values can affect your thoughts and actions, and how to recognize negative thought patterns before you start acting on them. If you are tired of feeling hurt and helpless when it comes to your feelings, this book will provide you with evidence-based strategies for taking charge of your emotions—whether it's at home, at work, or in your relationships.

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You Details

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Amanda says

I had never read a self-help book before so I was a sceptic to say the least. I was surprised by how helpful I found this book and it has helped me identify feelings that I have had my whole life. An informative, valuable read.

Nancy Bandusky says

This book gives some explanations as to why "sensitive" people are the way they are; it also provides some actions/activities to perform to lessen the effects of being "too" sensitive.

A lot of the information is very general and I think the methods used in this book would need to be implemented along with a book about boundaries so that one does not lose oneself in trying not to be hurt by other people.

Celia says

The book was too general. I consider myself to be an emotionally sensitive person. Sometimes feelings of sadness, tension and anger overwhelm me. I sometimes I overeat when I feel blue or stressed. I thought this would be the subject of the book.

While the book did include sections on mindfulness and relaxation, a great deal of the book focused on cognitive therapy and changing longstanding emotional/thought patterns. rather than handling an immediate emotional crisis.

The book was not what I expected and I thought it should be more focused one topic. It tried to do too much.

Yvonne V (Naughty Professora) says

The book discusses the learning process of managing emotions with practical applications and easy to understand terminology. Chapters are managed around a theme, and the narrative, instruction, and activities are all based upon understanding and improving skills in that particular area. The book includes online resources for exercises to help discover levels of emotional sensitivity, management of emotions, and assist with using emotions to communicate with others. The instruction provided by the author is easy to understand and can be beneficial for the professional in behavioral psychology/counseling fields, as well as those just seeking to better understand how to use their emotional sensitivity to enrich their lifestyle.

Work in the chapters can be adapted to either assisting clients with personal therapy, in classroom instruction in personal development / counseling and guidance courses, and in college career centers to help individuals

that are more “emotionally driven” make sound decisions with respect to their personal and professional lives. Some of the activities will be integrated into my Personal Development course in the “EQ” topics. Very handy reference and self-help book.

Janka H. says

Quite interesting book about the emotional sensitivity, offering a lot of practical tips and techniques to have a more peaceful at heart life.

You might wish to read this book even if you yourself are not emotionally sensitive, but you know someone who is. It might help you to understand some of the issues they are having/facing to better.

I myself am quite an emotional person, so I enjoy to read about this topic. This book offers an non-threatening approach with acknowledging a lot of issues the highly emotional people face, such as rejection fear or other fears, sensitivity, identity doubts and relations-connected problems and situations, and also techniques of how to deal with them with the aim of have a life according to oneself’s values.

I very much like the gentle approach and the practicality of the book. The book is not an academic material, but a practical “guide” of sorts for the common reader wishing to understand more about the subject and/or themselves and to obtain solutions. Some of the tips are highly useful and I am even going to practice some of them!

But even if there are almost mostly pros in my assessment of the book, there is but one con - I think that in some parts the book speaks about the people with low self-esteem, which is not the same as the emotional sensitivity in my understanding. One can be both emotionally sensitive and have a healthy self-esteem. And vice versa, one can have a low self-esteem and be not emotionally sensitive. I know that these issues are often going hand in hand, and again, I appreciate the gentle, non-pushing attitude, but I would appreciate the higher clarity in using the terms.

From my point of view the healthy self-love can help the emotions to run more peacefully, too, so I think to focus on the healthy relationship with themselves can be tremendous help for sensitive people.

Anyway, the book offers some lovely tips focused on this subject, too.

Having said all that - I have benefitted from this book. It can be a nice source to get a lot of useful information. So read it and pick up what benefits you!

Anna says

4.5

Potentially life changing? More words to come.

Sanda says

Hypersensitivity has been gaining considerably more coverage over the last couple of years. There are more

resources available both to professionals, as well as general public. This is one of those books that will be a useful tool for both therapists and laymen. If you keep hearing "you're just too sensitive" over and over again, if it sometimes feels to you that you feel and experience things more intensely than those around you, if you find yourself overwhelmed by your emotions, if you have a love one who might be emotionally sensitive and are not sure whether that's even a "thing" - this book is definitely for you.

This book is an extremely useful tool in both helping you establish whether you might be an emotionally sensitive person, as well as aid you in the process of learning how to manage your emotions better. Each chapter focuses on one aspect of hypersensitivity and then offers an exercise or exercises that will help the reader address and modify that particular aspect. The e-book provides online tools for printing the exercise forms which I found handy.

Both the language and the instruction Karyn Hall offers are easy to understand and to follow. Her approach draws on the principles/therapies I professionally believe are the most effective - cognitive behavioral therapy and mindfulness practices. Regardless of where you might be on the emotional sensitivity spectrum, these exercises are easily applied to our daily lives to help reduce stress, aid in analyzing what lies below emotions we are experiencing, help us communicate better, and in general improve the quality of our life and our relationships. (and who does not want that)

In terms of professional application, I've already started integrating some of these tasks to help the clients I work with understand their emotions better (especially through in combination with journal writing). I find that a lot of these chapters can be adapted (by the therapist) to become useful tools when working with any client who is going through an intensely emotional period. This is a book that has found a permanent place on my "professional bookshelf."

I received an ARC of this book in exchange for an honest review.

Laura says

I've unfortunately been told to "stop being so sensitive" on multiple occasions. So when I saw this book, naturally I wanted to read it. The author delicately breaks down what makes people hypersensitive and how a person could change those areas. This book forces you to take a good hard look at your way of thinking and perceiving life and is filled with worksheets and tools to help you do this. There were times that it got to be a little too much like a textbook for me, but I also think change will only come with full understanding so education needed to be included in this book. I could see myself referring to this book again in the future should I find myself being overly sensitive. Professionally, I also have the responsibility of providing emotional guidance for my clients, and I could see myself referring clients to this book as it handles the topic with a certain delicacy that is needed for those who may be sensitive about being sensitive. I would recommend this book for anyone that is either personally struggling with being "too sensitive" as well as for professionals in the counseling field working with sensitive clients.

I received a copy of this from netgalley in exchange for an honest review.

Pam Thomas says

Its a book which helps you overcome your sensitiveness. If you wear your heart on your sleeve, emotions tend to overwhelm you, are friends with everyone then this is the book you must read. it reaches out to you and helps you overcome these issues with compassion, understanding, helps you turn your life around and grow stronger.

Ashley Hennen says

Solid self-help/reflection book that was easy to understand. The writing sometimes bothered me, and some of the activities didn't offer much insight as I already was pretty self-aware. Still though, a solid read for those who have always felt emotionally sensitive in a world where emotions are stigmatized.

Paul says

Another fantastic self-help book read. Identifying that I am an emotionally sensitive person is important in the process of accepting who I am. This book, though it is rather general, challenges the individual to treat themselves with self-respect and accept their emotions for what they are. There is a lot of mindfulness talk in this book about feeling things, identifying that emotion, and letting it go. There are exercises throughout the book and also at the end of every chapter. I did not spend the time to do a lot of the exercises but the ones I did do were really good. A good book that I will recommend to people that are overly sensitive to themselves and to what others think of them.

AryaTheFangirl says

Hypersensitivity has been all over the internet lately. So I was instantly curious to read more. This book contained explanations on why "sensitive" people are who they are. Also included ways to make being "sensitive" easier to manage.

However the information was really easy to gather. i personally had heard all of the advice before from articles online and I wouldn't want to spend money to reread the information I already knew.

If you are 100 percent new to the concept then this would be a really good place to start. If not than you've probably heard all of this before.

Kristina Aziz says

I got an e-arc of this book for free from NetGalley in exchange for an honest review.

Let's take a look at what this book promises:

Mindfulness techniques: check.

Present Moment tools: Check.

Identifying triggers: Check.

Developing Strong Identity: Not so much

Recognizing negative thoughts: Check.

The ability to experience uncomfortable emotions without getting upset: All said, if you do the above, check.

This book reminded me of all the charts I had to fill out when I was in recovery for an eating disorder. I had experienced a shutdown of emotions due to lack of energy and had to have help dealing with the onslaught of emotions once I started eating again. I would recommend this for therapists and those who have reached that particular point in their eating disorders, but also for people diagnosed with bipolar. The last set of people only because the book sings the praises of exercise and sleep, which is pivotal for managing the condition along with medication.

Normally it would be three stars because this book wasn't exactly unhelpful, but a lot of the information you can find for free anyway. But I really like workbooks and the ebook provided links to the forms for lazy people like me who just don't want to search these things for themselves. So, four stars it is.

Kristine says

I really enjoyed the book. Tons of highlighting & points made that I felt related to my life to a T. Includes exercises to help practice techniques to better yourself & understanding your emotions.

Khulood says

A quick and easy read. Quite engaging as well.
