



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

Karyn D. 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.

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