



# **Highly Sensitive People in an Insensitive World: How to Create a Happy Life**

*Ilse Sand , Elisabeth Svanholmer (Translation)*

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In today's fast-paced, increasingly public society, we are expected to be resilient, to have the energy to manage a packed work schedule, social calendar, and a large network of friends, both online and offline, day and night. If you find yourself struggling to live up to, or even enjoy, these non-stop social expectations, then this book is for you.

Written for highly sensitive people, the book explains the characteristics of being highly sensitive and how to overcome common difficulties, such as low self-esteem and the exhausting effects of socialising. Ilse Sand also encourages you to explore and appreciate the advantages of high sensitivity, including your aptitude for depth, intensity and presence, and suggests activities to calm and inspire.

## Highly Sensitive People in an Insensitive World: How to Create a Happy Life Details

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# From Reader Review Highly Sensitive People in an Insensitive World: How to Create a Happy Life for online ebook

## Katya says

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[illegible]

## Elga says

Forša gr?mata, kas pal?dz?ja salikt pa plaukti?iem visu ko t?du, ko jau pa da?ai zin?ju, bet v?l nebiju l?dz galam sapratusi. Daži ?oti tr?p?gi cit?ti, ko grib?tos ietetov?t smadzen?s par vainas apzi?u viet? un neviet? un savu personisko robežu novilkšanu atbilstoši sav?m sp?j?m un vajadz?b?m nevis tam, ko var un v?las, un kas ir "norm?li" p?r?jiem.

## YHC says

It's interesting to have such new term : highly sensitive person, I thought we are more or less sensitive about whatever we care about the most, or whatever used to hurt us in the past. But according to this book, this kind of people(1/5 of population) are born to be like that, when they were babies, they were already very aware of the change of the taste on sugary water.

This book brought up a very important point that i think we all need to learn. When we are angry about someone, we will not be able to heal the pain. We need to transform this anger into sadness, then the healing process will eventually take over. For example, when someone got so hurt by their parents during childhood and the wound has remained till adulthood. If anger stays, the forgiveness and understanding won't happen, only when he or she turned this unchangeable past into a despair and pain, with the time, the healing could happen.

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## Linda says

A highly sensitive person is someone who has a sensitive nervous system, take in many impressions and get over stimulated. That person feels much empathy, feel other people's feelings, doesn't like too much sound or light, thinks and reflect much about the world, is creative, gets bored of small talk, prefers deep conversations, cares much about people feeling good, and defend someone that is treated badly, is uncomfortable with fights and doesn't like too much disagreement, likes company, but prefers smaller groups and gets tired after a while because she thinks too much about everything,

All this, I read in Susan Cain's book about introverts. This book is more about encouraging these people to be themselves and not feel bad about it. Today, the norm is to be outgoing and outspoken, but I get tired by

these people. I think a really interesting person is often someone who reflects about the world and think before they speak. It's wrong that the norm is making people feel bad. Deep people are often creative and interesting people.

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### **Joanne says**

It was interesting to learn about the highly sensitive person. I picked up this book hoping to learn more about myself, but I'm uncertain whether I can relate to the personality traits described. Sand's claim that 1 in 5 peoples are highly sensitive seems like a stretch.

Some of the suggested coping mechanisms for overwhelming or overstimulating situations appear as an effort to mask reality rather than to accept it. One such example is that if a colleague does not greet you on the street, it may be more helpful to rationalize that their eyesight is poor, leading to feelings of gratefulness for your own eyesight, than to rationalize that they may be angry with you, leading to (negative) feelings of doubt. While I understand that gratefulness is a more constructive emotion than doubt, making up fictional scenarios to make yourself feel better is a form of denial. There must be a healthier way to approach this uncomfortable scenario.

Similar to the above example, Sand shares advises that, personally, seem out of place in a social setting. Then again, maybe that's simply because I'm not highly sensitive? I'm not sure, I'll definitely do some more research.

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### **Beatrice says**

Jau kopš b?rn?bas apk?rt?jie teica, ka nav norm?li pavad?t visu dienu vienatn? vai dab?, lasot gr?matu p?c gr?matas. Neko nevar?ju padar?t, pat?k un viss, lai radi un draugi pie?em šo ?patn?bu. :D  
Bet, ja nopietni, tad š? gr?mata noteikti ir foršs atbalsts tiem cilv?kiem, kam pat?k vair?k vienatne nevis dr?zm?šan?s p??os un ball?t?s. Par ?paši j?t?giem cilv?kiem jau biju dzird?jusi, bet tiem, kas nezina, Ilse Sanda ?oti saprotami un interesanti past?st?s.  
?oti patika las?t ar? citu cilv?ku pieredzi, vi?u dz?ves situ?cijas, un vairs nejusties k? t?dai vientu?ai salai. Iesaku gan ?paši j?t?giem cilv?kiem, gan vi?u radiem un draugiem.

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### **Marc Williams says**

In terms of managing heightened sensitivity to the constant bombardment of external stimuli in modern life such as noise, flickering video screens, general busyness and other peoples views and opinions this is a very good workbook.

I have mixed feelings about the typology of a highly sensitive person; on the one hand it can be very useful to discover that the character traits and ways of responding have an explanation and that you may not be the only person who is like this; on the other, you can gain a label and every reaction can be viewed through the lens of a highly sensitive person. At the extreme end this could lead to a victim mentally, i.e. 'I need to be treated this way because I am highly sensitive'. etc.

Can this be the case? Are some people more highly sensitive than others. If this is the case then are there senses, sight, sound, taste, touch and smell more physically developed in some humans than others? I suspect that there is a different explanation, that of nature. Individuals may have had to adapt to their early environments and if they have been bombarded by external stimuli, loud noises, arguing, negative judgements etc, they may develop a heightened sensitivity to these.

If these experiences are stressful then this may trigger fight or flight responses which become ingrained. It appears from this book that many of the responses of Highly Sensitive People are flight responses and the techniques suggested in this book echo this like taking an iPod around with you so that you can withdraw into your own world for a while or leaving social gatherings early when you begin to feel drained. This may work but may reinforce the sense that flight is the only way to manage sensitivity.

As ways of managing the flight response and dealing with difficult feelings such as anger, shame and guilt then this workbook is excellent as long as it is not seen as the be all and end all.

If you wish to look deeper and investigate and understand the actual flight responses then you may be better off looking elsewhere.

I received this book in a Goodreads first reads draw

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### **GONZA says**

As an highly sensitive person myself, I found this book quite interesting, but sometimes I found the answer it gave where a little bit too simplistic, but maybe just because I'm sensitive in my own way, which is a very social one, so of course I'm different as other people usually don't bother me much and maybe that's also the reason why I'm a psychotherapist and not a librarian :)

Come persona molto sensibile, ho trovato questo libro abbastanza interessante, se non fosse che a volte le risposte mi sembravano un po' facilone, ma questo può anche essere dovuto al fatto che io sia molto sociale nonostante tutto e magari é anche la ragione per cui facevo la psicoterapeuta e non la bibliotecaria, che però resta sempre un'opzione valida.

THANKS TO NETGALLEY AND JESSICA KINGSLEY PUBLISHER FOR THE PREVIEW!

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### **MizzSandie says**

Through the years I've come to discover, that I have a sensitive system, which is both a gift, that helps me in my job and to relate to people, to understand them, but a gift that also brings it's challenges with it. I get easily affected by other peoples moods, I get drained when im in crowded areas for too long, and I think things over and need breaks and rests - if i overwork my system, it breaks down, and it is not of much use to me or anyone else. With a passionate and (over)responsible nature, i have to be careful not to burn myself out. let's just say ive learned this the hard way.

This has been a discovery proces for me, to realise how i work. And a whole different chapter not to feel bad about it, not to feel 'less' about it. And not to overexhaust myself, but to keep my fine system balanced and at

This book reflected back to me much of what ive already learned. But it was nice to hear it from someone else, to not feel so alone, or so different. There's other people out there, for whom the pace of the world and the stimulation can be just too much, and who have to adjust.

## Tanya Kaplun says

[illegible]**lifeinsomniac** says

"Highly Sensitive People in an Insensitive World: How to Create a Happy Life" is a book aimed at people who know or wonder if they are an introvert and/or highly sensitive person and want to find out more, specifically on what they can do to help themselves deal with the issues it can bring up.

I personally think this would even be a good read for people who are close to or partnered with an introvert or HSP, or even people who find themselves extroverted but wonder if they may be a little of both or want to get to know other people for better team work, etc.

This book is a short read which I found very helpful. I love big books too but I found it much easier to concentrate on and work through the advice. As someone who has never read a book on these subjects I found it really helpful. Perhaps someone who is more informed on this topic might not find anything new, but as it deals with mostly practical advice and new things are uncovered all the time on subjects, especially one like this, it could still be helpful.

Topics and advice covered in this book:

Personality Types

Screen Yourself from Too Many Impressions

Limit Your Catastrophic Thinking

Find Joy and Meaning

Deal with Conflicts and Boundaries in Your Own Way

Make Your Choices from Your Inner Conviction

Find a Refuge in Regarding Yourself as an Introvert or Highly Sensitive Person

Use Precise, Neutral Language about Yourself

Under these headings are subheadings for topics/advice that fall under these, among some other things, like tests, for example.

This wasn't some book that repeated itself, it got right to the point. There was a lot of helpful information that I would like to go over again and keep at it, as I found it pretty useful. The other thing this book helps with is for introverts and HSP to be more forgiving of themselves, to know it's okay to not conform, and that everyone is different and to accept that. This doesn't mean that they say we should all just do whatever we want, but the acceptance and not knowing you're alone was important. There were different sections in also challenging yourself at times and on ways you could do that. I would definitely recommend this book to others and hope others find it as helpful as I did.

Note: This book was translated from Danish. I got this ebook in return for an honest review.

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### **Anastasiya Mozgovaya says**

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### **Anusha Narasimhan says**

This book glosses on how to identify if you are a highly sensitive person (HSP) and then proceeds to guide HSPs in their daily life. Being a HSP is definitely difficult in the current world and this book provides practical tips to overcome internal and external struggles.

As a HSP, I could relate to a lot of the book's contents. While I was familiar with some of the ideas, some

were new. This book may not have been life-changing for me because I've been reading up on this topic for a while, but it definitely helped me a lot. Some phrases felt weird and negative and I believe that is a translation problem, so I'm overlooking them.

I highly recommend this book to all the sensitive people out there. This may not be overly useful for people who are not very sensitive, so maybe they could just take a glance if they are interested.

Note: I received a free copy of the book from the publisher. This review is my personal opinion and has not been influenced anyway by anyone. A big thanks to Jessica Kingsley Publishers and netgalley :)

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### **Talya Jo Taylors says**

This book is wonderful and amazing. Insensitive people should read this and understand how to speak with a sensitive person.

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