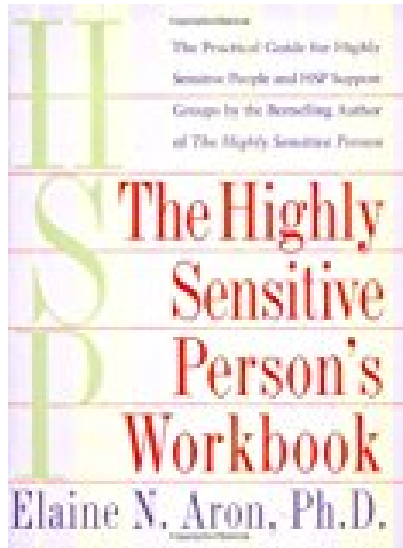


# The Highly Sensitive Persons Workbook

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## BOOK DETAILS

- Author : Elaine N. Aron Ph.D.
- Pages : 336 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0767903374

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## BOOK SYNOPSIS

A psychotherapist and workshop leader presents a comprehensive collection of pre-tested exercises developed to enhance the lives of highly sensitive people and help them embrace their unique trait.

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