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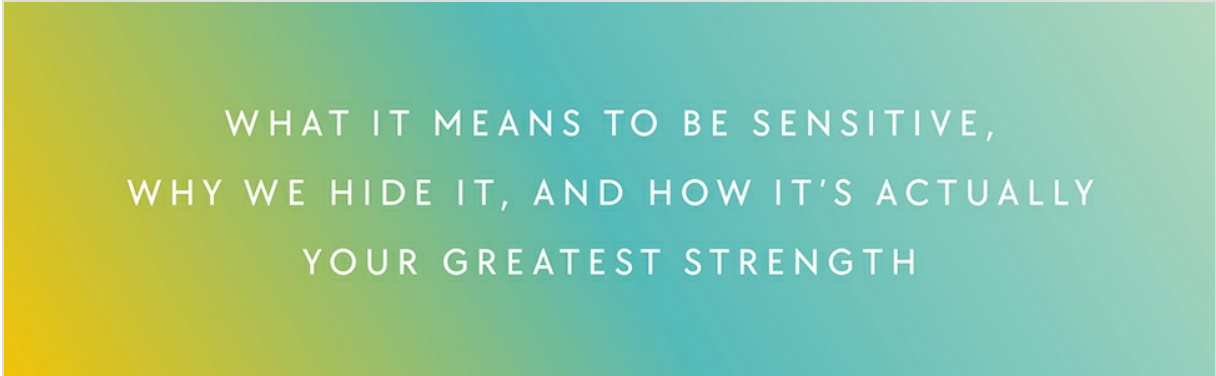
Instruction Manual: Sensitive - The Hidden Power of the Highly Sensitive Person

By Jenn Granneman & Andre Sólos

1. INTRODUCTION TO THE BOOK

This manual provides guidance for engaging with "Sensitive: The Hidden Power of the Highly Sensitive Person in a Loud, Fast, Too-Much World." The book explores the trait of high sensitivity, reframing it from a perceived weakness into a significant strength. It offers insights into understanding and leveraging this personality trait in various aspects of life, including relationships, work, leadership, and parenting.

The authors, Jenn Granneman and Andre Sólos, draw upon research and personal anecdotes to demonstrate how embracing sensitivity can lead to personal and professional growth. This book is intended for individuals who identify as highly sensitive, as well as for those who wish to better understand sensitive individuals in their lives.



WHAT IT MEANS TO BE SENSITIVE,
WHY WE HIDE IT, AND HOW IT'S ACTUALLY
YOUR GREATEST STRENGTH

Image: A banner highlighting the book's core message: understanding sensitivity as a strength.

2. UNDERSTANDING HIGH SENSITIVITY (SETUP)

Before delving into the book, it is beneficial to approach the content with an open mind regarding the concept of sensitivity. The book challenges common misconceptions and societal stigmas associated with being sensitive. It introduces the idea that approximately one in three people possess genetic predispositions to be more physically and emotionally responsive to their environment.

Key Concepts to Consider:

- **Depth of Processing:** Highly sensitive individuals tend to process information more deeply, noticing subtleties others might miss.
- **Overstimulation:** Due to deep processing, sensitive individuals can become overstimulated in loud, fast, or complex environments.
- **Emotional Responsiveness:** A heightened emotional response to both positive and negative stimuli.
- **Empathy:** Often possess a strong capacity for empathy and understanding others' perspectives.

The book aims to validate these experiences and provide strategies for navigating a world that may not always accommodate this trait.

3. ENGAGING WITH THE CONTENT (OPERATING)

To maximize the benefits of reading "Sensitive," consider the following approaches:

1. **Reflective Reading:** Take time to reflect on the concepts presented. The book encourages self-awareness and understanding of one's own sensitive traits.
2. **Personal Application:** As you read, consider how the information applies to your own experiences, relationships, and professional life.
3. **Discussion:** Discuss key insights with trusted friends, family, or colleagues who may also benefit from understanding sensitivity.
4. **Note-Taking:** Highlight passages or take notes on actionable advice and personal revelations.

The book is structured to provide both scientific research and relatable anecdotes, making complex psychological concepts accessible.

*This important book
reframes the way we think
about sensitivity—our
own or someone else's—
and shines a light on the
great power in being highly
attuned to the world.*

—SUSAN CAIN
AUTHOR OF BITTERSWEET

Image: A quote from Susan Cain, author of Bittersweet and Quiet, endorsing the book's reframing of sensitivity.

*Granneman and Solo
make an urgent case for
harnessing the power of the
sensitive individual in an
increasingly noisy world.*

—CAL NEWPORT
AUTHOR OF *DIGITAL MINIMALISM*

Image: A quote from Cal Newport, author of *Digital Minimalism*, on the book's argument for sensitive individuals.

*An absolute must-read for
everyone who experiences
this world with whole-
hearted deep feeling,
conscience, and empathy.*

—ELLEN HENDRIKSEN, PHD
AUTHOR OF *HOW TO BE YOURSELF*

Image: A quote from Ellen Hendriksen, PhD, recommending the book for deeply feeling individuals.

4. INTEGRATING INSIGHTS (MAINTENANCE)

The book's value extends beyond a single reading. To maintain and deepen your understanding and application of its principles:

- **Regular Review:** Periodically revisit chapters or highlighted sections that resonate most with your current experiences.
- **Practice Strategies:** Actively implement the practical advice offered for managing overstimulation, enhancing relationships, or thriving in professional settings.
- **Self-Compassion:** Continuously practice self-compassion regarding your sensitive traits, recognizing them as strengths rather than flaws.

5. ADDRESSING CHALLENGES (TROUBLESHOOTING)

If you encounter difficulties in understanding or applying the book's concepts, consider the following:

- **Re-read Key Sections:** Some concepts may require multiple readings to fully grasp. Focus on chapters that address specific challenges you face.

- **Seek Community:** The authors manage online communities for sensitive people (Sensitive Refuge) and introverts (Introvert, Dear). Engaging with these communities can provide additional perspectives and support.
- **Consult Professionals:** For persistent personal challenges related to sensitivity, consider consulting a therapist or counselor specializing in highly sensitive individuals.

6. Book Specifications

Title	Sensitive: The Hidden Power of the Highly Sensitive Person in a Loud, Fast, Too-Much World
Authors	Jenn Granneman, Andre Sólos
Publisher	Harmony
Publication Date	February 28, 2023
Format	Hardcover
Print Length	272 pages
ISBN-10	0593235010
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Item Weight	1.05 pounds
Dimensions	6.38 x 0.97 x 9.44 inches
Language	English

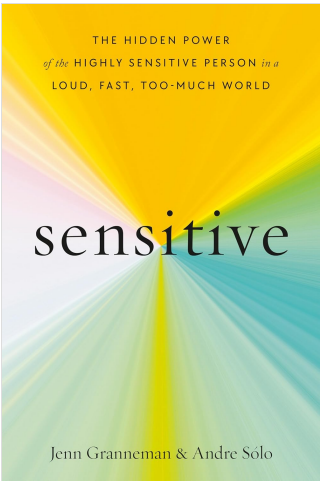


Image: The front cover of the hardcover edition of "Sensitive."

7. Support and Additional Resources

For further engagement with the concepts of high sensitivity and related topics, the authors provide additional resources:

- **Sensitive Refuge:** An online community for highly sensitive people. Visit [Highly Sensitive Refuge](#) for

articles, forums, and support.





- **Introvert, Dear:** An online community for introverts, also managed by the authors. Visit [Introvert, Dear](#) for related content.



For inquiries regarding the physical book (e.g., printing defects), please contact the publisher, Harmony, directly.

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Related Documents - 0593235010

 <p>The cover of the 'Almost Heaven Saunas Owner's Manual' features the brand name 'ALMOST HEAVEN SAUNAS' at the top, followed by 'Harmony & Elysian' and '2 and 3 Person Infrared Saunas'. It includes images of two sauna models and the text 'Owner's Manual'.</p>	<p>Almost Heaven Saunas Harmony & Elysian Infrared Sauna Owner's Manual</p> <p>Comprehensive owner's manual for Almost Heaven Saunas Harmony and Elysian 2 and 3 person infrared saunas, covering assembly, operation, maintenance, safety, and warranty information.</p>
 <p>The cover of the 'Sherwin-Williams Brush & Roller Selection Guide' shows a paintbrush and a roller against a blue and yellow background. The title 'BRUSH & ROLLER SELECTION GUIDE' is prominently displayed.</p>	<p>Sherwin-Williams Brush & Roller Selection Guide: Choosing the Right Tools for Outstanding Results</p> <p>Sherwin-Williams' comprehensive guide to selecting the optimal paint brushes and rollers for various architectural and industrial coatings, ensuring professional and high-quality finishes.</p>
 <p>The cover of the 'AT&T Network Approved Devices List' features a blue background with a white circle containing the text 'HOW TO USE THIS LIST'.</p>	<p>AT&T Network Approved Devices List</p> <p>A comprehensive list of phones, tablets, smartwatches, and wireless internet devices tested and approved for use on the AT&T network, including instructions on how to find your device's model number and notes on software updates for advanced features.</p>
 <p>The cover of the 'AT&T Network Compatibility List: Devices Approved for Post-3G Network' features a blue background with a white circle containing the text 'HOW TO USE THIS LIST'.</p>	<p>AT&T Network Compatibility List: Devices Approved for Post-3G Network</p> <p>Comprehensive list of mobile phones, tablets, smartwatches, and wireless internet devices approved for continued use on the AT&T network after the February 2022 3G phase-out. Includes instructions on how to find your device's model number and notes on software update requirements for advanced services.</p>

	<p>Harmony Play&Go Essentials Portable Playard Instruction Manual</p> <p>This manual provides detailed instructions for the assembly, use, and maintenance of the Harmony Play&Go Essentials Portable Playard. It includes safety warnings, setup guides, and care instructions to ensure the safe and proper use of the product.</p>
	<p>TC Helicon Harmony Singer 2 Quick Start Guide</p> <p>A concise guide to the TC Helicon Harmony Singer 2, covering its controls, features, and basic operation for vocal harmony processing.</p>