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The Highly Sensitive Person's Companion: Daily Exercises for Calming Your Senses in an Overstimulating World

Ted Zeff Ph.D.

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Day-to-Day Help for Highly Sensitive People

About one in every five of us has a nervous system that is especially acute and finely tuned. If you're in this group, on one hand, it's a great gift. You're creative, compassionate, and you deeply appreciate subtlety and beauty in the world. On the other hand, you may be more easily disturbed by noise, bright lights, strong scents, crowds, and time pressure than the less sensitive among us.

In his first book, **The Highly Sensitive Person's Survival Guide**, author Ted Zeff presented ways to manage your heightened sensitivity. Now, in this take-along daily companion, he offers practical tips and exercises you can use to find inner peace in any environment. Each chapter of **The Highly Sensitive Person's Companion** addresses overstimulation as it occurs in a specific aspect of life: relationships, work, daily pressures, exercise, and more.

Let this book be your pocket-sized guide to finding the calm you need to enjoy and thrive with your heightened sensitivity without feeling overwhelmed.

Many new ideas to help highly sensitive people thrive.
-Elaine Aron, Ph.D., author of *The Highly Sensitive Person*

The Highly Sensitive Person's Daily Companion *is a wellspring of practice advice for people who feel chronically overwhelmed. This proactive guide will help you take control of your environment, your relationships, and your emotions.*
-Linda Johnsen, author of *Lost Masters* and *A Thousand Suns*

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