



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

By Karyn D. Hall



The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall

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.

 [Download The Emotionally Sensitive Person: Finding Peace Wh ...pdf](#)

 [Read Online The Emotionally Sensitive Person: Finding Peace ...pdf](#)

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

By Karyn D. Hall

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall

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.

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall **Bibliography**

- Sales Rank: #162520 in eBooks
- Published on: 2014-11-01
- Released on: 2014-11-15
- Format: Kindle eBook

 [Download The Emotionally Sensitive Person: Finding Peace Wh ...pdf](#)

 [Read Online The Emotionally Sensitive Person: Finding Peace ...pdf](#)

Download and Read Free Online The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall

Editorial Review

Review

“As an emotionally sensitive person, I love this book! Karyn does an outstanding job of addressing this delicate topic with both empathy and compassion. *The Emotionally Sensitive Person* provides a practical guide for successful coping that also serves to inspire. Highly recommended.”

—**Amanda L. Smith**, dialectical behavior therapy (DBT) therapist and treatment consultant

“*The Emotionally Sensitive Person* is exceptional. This unique manual, compassionately written by Karyn D. Hall, will appeal to and serve the needs of those who live with highly sensitive emotions. She highlights proven methods to consciously and skillfully manage unhelpful thoughts and behaviors by following and practicing personalized exercises. Read, practice, experience, and enjoy *The Emotionally Sensitive Person* as you learn new ways to enhance your life.”

—**Diane and Jim Hall**, educators for National Alliance on Mental Illness FamilytoFamily and NEA.BPD's Family Connections programs

“Emotionally sensitive people will want to keep this compassionate, instructional guidebook on their nightstands. Hall’s clinical wisdom shines through as she offers numerous helpful tools, informed by dialectical behavior therapy, to be used immediately to better cope with one’s emotional states. I will recommend this selfhelp book to my own clients to complement and enhance the psychotherapy.”

—**Alec L. Miller, PsyD**, professor of clinical psychiatry and behavioral sciences, Montefiore Medical Center, Albert Einstein College of Medicine, and cofounder, Cognitive and Behavioral Consultants, LLP

“This book takes readers by the hand and gently introduces them to the struggle, suffering, and hidden potential of the emotionally sensitive person. Drawing from her wealth of clinical experience, Hall presents essential strategies to support the development of emotional sensitivity into a strength. The chapters are well organized and concisely written. Therapeutic exercises are practical with clear and concise instructions. Anyone who has been accused of being ‘too sensitive’ can benefit from this book!”

—**Elizabeth W. Newlin, MD**, assistant professor in the Menninger department of psychiatry and behavioral sciences at Baylor College of Medicine and director of the adolescent treatment program at the Menninger Clinic

“For anyone who’s ever thought of themselves as emotionally sensitive—or someone who’s lived with someone who is—this book is an invaluable gem. Using proven therapeutic techniques, Hall delivers on helping people keep their emotional sensitivity, but honing it so that it is more beneficial than hurtful. I can’t imagine a better resource for those who are grappling with this issue in their lives.”

—**John M. Grohol, PsyD**, founder and CEO of psychcentral.com, the Internet’s leading mental health site

“Karyn D. Hall brings a wealth of wisdom and experience to the pages of her new book, *The Emotionally Sensitive Person*. With practical advice and useful exercises, she teaches us how to dismantle an emotional roller coaster style and to replace it with just the right amount of sensitivity and feeling. Highly recommended!”

—**John M. Oldham, MD**, chief of staff at the Menninger Clinic and professor of psychiatry at Baylor College of Medicine

About the Author

Karyn D. Hall, PhD, is the director of the Dialectical Behavior Therapy Center in Houston and a DBT Trainer/Consultant with Treatment Implementation Collaborative. She is the coauthor of *The Power of Validation* and is on the Board of Directors for National Education Alliance Borderline Personality Disorder (NEA.BPD).

Users Review

From reader reviews:

Jeff Farley:

On this era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top record in your reading list is usually *The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You*. This book which is qualified as *The Hungry Mountains* can get you closer in becoming precious person. By looking right up and review this publication you can get many advantages.

Bernard Walker:

You may get this *The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You* by browse the bookstore or Mall. Just viewing or reviewing it may be your solve trouble if you get difficulties for ones knowledge. Kinds of this e-book are various. Not only by written or printed but can you enjoy this book through e-book. In the modern era like now, you just looking from your mobile phone and searching what their problem. Right now, choose your own personal ways to get more information about your reserve. It is most important to arrange you to ultimately make your knowledge are still up-date. Let's try to choose proper ways for you.

Jody Watson:

Do you like reading a reserve? Confuse to looking for your selected book? Or your book has been rare? Why so many query for the book? But any kind of people feel that they enjoy intended for reading. Some people likes studying, not only science book but novel and *The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You* or others sources were given know-how for you. After you know how the truly great a book, you feel wish to read more and more. Science e-book was created for teacher or students especially. Those ebooks are helping them to increase their knowledge. In different case, beside science e-book, any other book likes *The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You* to make your spare time a lot more colorful. Many types of book like here.

Michael Rahn:

What is your hobby? Have you heard that will question when you got scholars? We believe that that issue was given by teacher to their students. Many kinds of hobby, All people has different hobby. Therefore you know that little person including reading or as looking at become their hobby. You must know that reading is

very important along with book as to be the matter. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You get good news or update in relation to something by book. Different categories of books that can you decide to try be your object. One of them is actually The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You.

**Download and Read Online The Emotionally Sensitive Person:
Finding Peace When Your Emotions Overwhelm You By Karyn D.
Hall #7UAWCZDJFIS**

Read The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall for online ebook

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall books to read online.

Online The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall ebook PDF download

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall Doc

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall Mobipocket

The Emotionally Sensitive Person: Finding Peace When Your Emotions Overwhelm You By Karyn D. Hall EPub