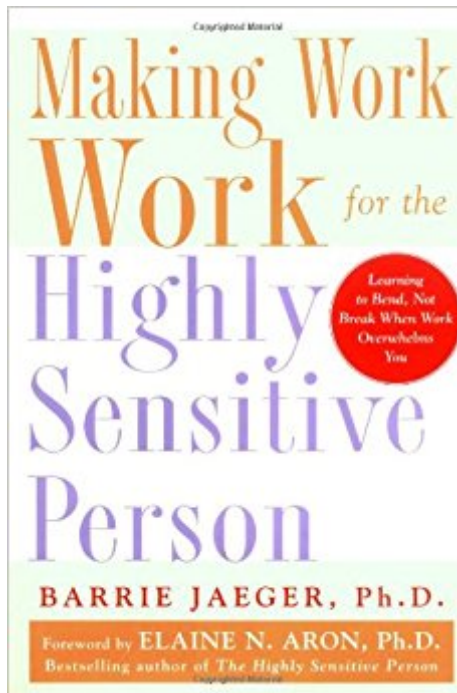




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Making Work Work For The Highly Sensitive Person



Synopsis

A practical guide to coping at work *Making Work Work for the Highly Sensitive Person* builds on Elaine Aron's groundbreaking bestseller *The Highly Sensitive Person*. This new book, which includes a Foreword by Aron, gives highly sensitive persons (HSPs) strategies to build confidence, combat stress, and find work that is emotionally, financially, and creatively rewarding. Based on cutting-edge medical and scientific research, this fresh perspective on how readers can secure satisfying careers includes strategies to:

- Detect jobs that are not right for HSPs
- Make their opinions heard and valued
- Control good personal internal boundaries
- Defend themselves from bullies in the workplace
- Move out of a job that feels like drudgery, and into a job that supports career goals and dreams

Book Information

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Customer Reviews

The titular Highly Sensitive Persons are intelligent, creative, idealistic and possessed of a strong work ethic. But unlike other workers, they suffer under routine, can be bothered by the sensory environment (the hum of fluorescent lights, workplace odors), might go through cycles of enthusiastic over-stimulation followed by brooding withdrawal, and might even dissolve in tears when pressured by deadlines and criticism. "Work Purpose Coach" Jaeger, following Elaine Aron's *The Highly Sensitive Person*, insists that HSPs stand up for their right to be sensitive. She provides HSP readers with useful tips on how to monitor oneself, relax and set boundaries to avoid getting overwhelmed; how to face down office bullies; and, using carefully scripted model monologues, how to inform coworkers and supervisors of one's needs as an HSP (talk about "fatigue" rather than

"depression," for example). Her goal is to help HSPs ascend from Drudgery, through the "purgatory" of Craft, to their true Calling-which involves "a blending of the intense mind with the love and joy of our imagination and emotions" and leads to being "lifted, inevitably, up toward Heaven." The book is most compelling in its descriptions of Drudgery, which draw on writers like Barbara Ehrenreich to detail what some have termed the "modern slavery" of the corporate workplace. Unfortunately, Jaeger's priority is less to reform the workplace than to survive or escape it, if necessary, through self-employment. Still, readers will find this a perceptive guide to easing their torments. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

This book enlarges upon *The Highly Sensitive Person* (1996), by Elaine Aron, who describes the HSP as someone whose nervous system is particularly susceptible to stimuli. HSPs are more sensitive not only to their physical environments but also to emotional trauma. Jaeger believes that about 20 percent of the population can be described as HSPs and that the personality type may be inherited. In discussing the work environment, Jaeger recommends that HSPs avoid drudgery, which is particularly devastating because HSPs are generally creative types who thrive on new challenges. Jaeger also advises that craftwork can quickly deteriorate into drudgery for HSPs, who often remain in a job they hate for too long because of commitments or fear. Instead, HSPs need to find more fulfilling work, which the author refers to as a calling. Jaeger says the particular needs of HSPs include stress management, rest and healing, learning the importance of saying no, and dealing with abusive co-workers. Jaeger includes case studies and quotes from numerous HSPs to illustrate the advantages of finding satisfying work. Copyright © American Library Association. All rights reserved

I read Elaine Aron's *The Highly Sensitive Person*, and I was looking for more info (already read other Aron books in this line). While Jaeger has a good idea, she is not a great writer, and her editor did not push enough to make this a well written work. Instead, it jumps around, leaves much unsaid, and in general leaves me frustrated. There is some good info in here. The presentation is not great. I keep thinking back to Grade 9 English class when I was taught how to write a report; wish Jaeger had taken that course and followed it, as she has the info, it is just not presented well.

MUST BUY for HSPs. CHANGED MY LIFE. I am beginning a new career where I can earn in a week what I used to earn in a month and **PLENTY** room to grow.

This is a wonderful book for those that need a different point of view about work, engaging in meaningful work that matters, and is sustainable. Learning about HSP and the work setting that is discussed in this book, has made a world of difference for me; giving hope and awareness that I can make a contribution and earn a viable salary in my field.

Getting past the cultural stigma attached to the word sensitive, this is a Great book - for people who sense emotional situations and for those who find themselves learning to adjust to different personalities

Excellent choice for career insight and to understand HSPs. Also helpful if you work with bullies.

So helpful being a HSP... something to keep reading over and over

Really helpful, both to better understand myself and to provide skills necessary to thrive at work. Loved it!!

another great addition to the highly sensitive series of books, specifically targets work related issues and provides real solutions to being highly sensitive and holding a job.

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The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them

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