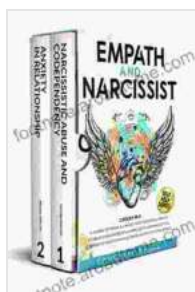


# Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable

## Are you a highly sensitive person (HSP)?

If you are a highly sensitive person (HSP), you may often feel overwhelmed by your surroundings. You may be more sensitive to light, sound, smells, and touch than other people. You may also be more empathetic and intuitive, and you may have a deep need for privacy and solitude.



## Empath and Narcissist: A Journey to Thrive as a Highly Sensitive Person. How to Establish Unbreakable Boundaries, Get Over Narcissistic & Codependent Relationships, & Stop Being an Emotional Sponge

by Courtney Evans

★★★★☆ 4.1 out of 5

Language	: English
File size	: 5278 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 742 pages
Lending	: Enabled



HSPs can be found in all walks of life, and they come from all different backgrounds. They can be introverts or extroverts, they can be shy or

outgoing, and they can be successful in any field. However, HSPs often face unique challenges in a world that can be overwhelming and confusing.

In her new book, *Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable*, Dr. Julie Bjelland provides a roadmap for HSPs to help them understand their unique gifts and challenges, and to develop the skills they need to thrive in a world that can be overwhelming.

### **What is a highly sensitive person (HSP)?**

A highly sensitive person (HSP) is someone who is more sensitive to their surroundings than the average person. They may be more sensitive to light, sound, smells, and touch, and they may also be more empathetic and intuitive.

HSPs are often described as having a "sixth sense" or being "in tune" with their surroundings. They may be able to pick up on subtle cues that other people miss, and they may be able to sense the emotions of others.

HSPs can be found in all walks of life, and they come from all different backgrounds. They can be introverts or extroverts, they can be shy or outgoing, and they can be successful in any field.

### **What are the challenges of being a highly sensitive person (HSP)?**

HSPs often face unique challenges in a world that can be overwhelming and confusing. They may be more sensitive to criticism, and they may be more likely to experience anxiety and depression. They may also have difficulty setting boundaries, and they may be more easily overwhelmed by their surroundings.

In her book, *Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable*, Dr. Julie Bjelland provides a roadmap for HSPs to help them understand their unique gifts and challenges, and to develop the skills they need to thrive in a world that can be overwhelming.

### **What are the gifts of being a highly sensitive person (HSP)?**

HSPs also have many gifts and strengths. They are often highly creative and intuitive, and they may have a deep need for meaning and purpose in their lives. They are also often very compassionate and empathetic, and they may be drawn to careers that help others.

In her book, *Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable*, Dr. Julie Bjelland provides a roadmap for HSPs to help them understand their unique gifts and challenges, and to develop the skills they need to thrive in a world that can be overwhelming.

### **How can HSPs thrive?**

HSPs can thrive in a world that can be overwhelming and confusing by developing the skills they need to manage their sensitivity. These skills include:

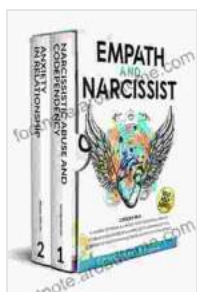
- **Self-awareness:** HSPs need to be aware of their own sensitivity and how it affects them.
- **Self-care:** HSPs need to take care of themselves both physically and emotionally.
- **Boundaries:** HSPs need to learn how to set boundaries to protect themselves from being overwhelmed.

- **Coping mechanisms:** HSPs need to develop coping mechanisms to help them deal with stress and overwhelm.

In her book, *Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable*, Dr. Julie Bjelland provides a roadmap for HSPs to help them understand their unique gifts and challenges, and to develop the skills they need to thrive in a world that can be overwhelming.

If you are a highly sensitive person, you are not alone. Millions of people around the world are HSPs, and they have found ways to thrive in a world that can be overwhelming and confusing. With the right skills and support, you can too.

Dr. Julie Bjelland's book, *Journey To Thrive As Highly Sensitive Person How To Establish Unbreakable*, is a valuable resource for HSPs. It provides a roadmap for HSPs to help them understand their unique gifts and challenges, and to develop the skills they need to thrive in a world that can be overwhelming.



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