



# **The Highly Sensitive Person in Love: How Your Relationships Can Thrive When the World Overwhelms You**

*Elaine Aron*

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Do you fall in love hard, but fear intimacy and all it entails? Are you sick of being told by someone you love that you are "too sensitive"? Do you struggle to respect a less sensitive partner, to ignore behaviors that you find shallow or harsh? Or have you given up on love, feeling too sensitive or shy to endure its wounds?

Research finds that 50 percent of what determines divorce is genetic temperament--or rather, according to Elaine Aron, ignorance about how partners should understand each other's temperaments. The risk of an unhappy relationship is especially high if you are one of the 20 percent born highly sensitive. Your fine-tuned nervous system, which picks up on subtleties and reflects deeply, would be ideal if both you and your partner understood you better. But without that understanding, your sensitivity is likely to be making your close relationships painful and complicated.

So what's a highly sensitive person to do? Elaine N. Aron, Ph.D., a research psychologist and highly sensitive person herself, has taken a closer look at how inborn temperament affects intimacy. Based on her groundbreaking new research, **The Highly Sensitive Person in Love** offers practical help for highly sensitive people seeking happier, healthier romantic relationships. Every aspect of highly sensitive people in relationships is covered, from low-stress fighting to sensitive sexuality. Included are self-tests and case studies--and the results from the first survey ever done on sex and temperament. With wonderful advice on making the most of all personality combinations in relationships, Aron offers a wealth of insights for non-highly sensitive people as well. No matter what your relationship background, you will discover a better way of living and loving in **The Highly Sensitive Person in Love**.

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