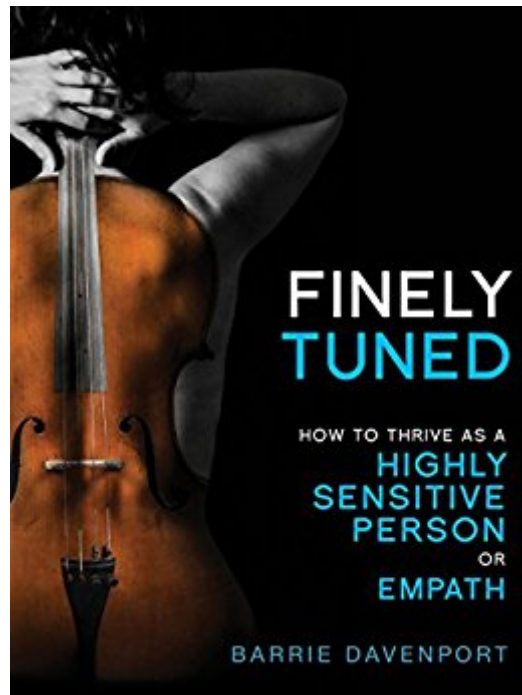




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# Finely Tuned: How To Thrive As A Highly Sensitive Person Or Empath



## Synopsis

"Don't be so sensitive." "Just get it over it." "You're just so intense"...If you're a highly sensitive person or an empath, you've probably heard these statements many times. Maybe you feel different because you're just more tuned in and sensitive than most people you know. You notice things others don't. You can easily pick up on the mood of the room. You're bothered by small irritations, noise, and bright light. Sometimes the world just feels overwhelming, and you wonder what is wrong with you. The good news? Being highly sensitive isn't weird or wrong. It's a perfectly normal trait held by 15-20% of the population.

### The Little-Known Power of Being Finely Tuned

As a sensitive person, you may believe you're weak and less resilient than others. This belief may have been reinforced all of your life, but nothing could be further from the truth. Highly sensitive people and empaths are gifted with unique skills making them more creative, intuitive, conscientious, and empathic. They are evolutionarily hard-wired this way to benefit the larger community, as they are the first to notice and respond to subtleties, moods, and danger. They are also first to feel deeper, positive emotions as well.

### Thriving Daily As a Sensitive

It can be daunting to live in a world that feels overwhelming and insensitive, especially when others don't understand or appreciate you. With self-awareness, mindful communication, and proper management of your environment, you'll not only survive as a sensitive, but you'll thrive in ways you never anticipated. Life will be more enriching and joyful, and your traits as a sensitive person can be leveraged to squeeze much more fulfillment from life as you learn to accept and appreciate your amazing personality.

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### Finely Tuned: How To Thrive As A Highly Sensitive Person or Empath

Finely Tuned is a guidebook for those with highly sensitive, empathic natures seeking relief from the pain of being misunderstood and wanting to reclaim life on their own terms, sensitivities and all. It spells out exactly why you have this keenly sensitive nature, and how you are perfectly normal in your traits and needs. It teaches you skills for understanding yourself, communicating your traits with others, and redesigning your life around your beautiful gifts so that you and others can fully benefit from them.

Scroll to the top of the page and select the **BUY NOW** button.

## Book Information

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## Customer Reviews

Davenport's book is best suited for those who have just discovered the science behind the HSP traits. It is gratifying and validating to see the mainstream begin to support, or at least acknowledge, those of us who are highly sensitive. That being said, the content here is geared more toward those who are new to the genre, and I was looking for more information or alternative strategies for managing HSP traits in daily life. The book is well written, and the author clearly cares about the subject matter, but the people who will benefit the most from this are those who have just found the HSP research and are just beginning the journey of self discovery. An issue I do have with the book is one suggestion of the author regarding work/employment. Davenport suggests on page 92 that the HSP inform their manager of their HSP trait. I cannot imagine any scenario in corporate America where this would be advisable. Perhaps in a perfect world, but it seems akin to "career suicide" to "announce" the sensitivity. It's like announcing that you are a rare hothouse orchid or a fragile piece of glass in need of kid gloves and special attention. I am an HSP, so I truly understand the desire to do meaningful work in an ideal and optimal environment, but I cannot imagine that specifically telling my supervisor about HSP would bring about anything positive. Good managers will get to know the work styles of their employees and make adjustments accordingly, but announcing the HSP trait seems ill-advised to me, at least at work. Beyond that issue, the book does provide useful information to identify and confirm the HSP trait. It is reaffirming to realize that this is indeed a gift, and not a deficit.

This book was exactly what I needed at this point in my life and I thank Barrie Davenport for writing it. I am going to re-read it in a few weeks because this book requires a lot of contemplation. One read is not enough. I hope Ms. Davenport writes more books like this. When "The Invitation" was quoted, I knew I was reading the exact book I need at this time.

I picked up this book because my hypersensitivity -- to sensory stimuli and to the emotions of others around me -- has often compelled me to avoid social events and to see myself as someone who couldn't be around people (or in highly stimulating environments) for very long. The author understands what this is like, and she encourages her readers to be proactive, rather than reactive. I've developed some coping strategies over the years to help me deal with situations I can't avoid, but there's a reason my college roommate referred to me as "the hermit," and there's also a reason why I haven't gone out of my way to make friends outside my family and spend face-to-face time with them. It can be isolating, but it doesn't have to be. The author not only explores the ramifications of living with a high degree of sensory processing sensitivity as well as a high degree of empathy, she provides helpful solutions for making the most of our gifts and sharing them with others in a way that doesn't erode us to the point of deep exhaustion (at which point, we're inclined to tell the world and all its sensory stimuli to just....stay away). I recommend this book to all creatives who want to share their gifts with others or who want to help others as mentors, teachers, coaches, etc. but who also struggle with overwhelm and who need a guide to help them know when to stretch and when to withdraw for your own good, as well as the good of others.

I bought this book yesterday and didn't want to put it down. It is an easy read with the author's real life story and research. I am trying to understand how to thrive in this world as an HSP and also support my son who is HSP. I appreciate her putting information in here about raising HSP kids. I really wish more people understood this trait. It really makes life much more clear. I've read other HSP books that I haven't finished but this one I will definitely finish!

Finely Tuned artfully expanded my knowledge about high sensitivity. I didn't know the concept stemmed from Jung, for example. But most importantly, it multiplied my resources manyfold for living happily as an HSP. I especially loved Barrie's comprehensive list of practical strategies. This is like a step-by-step program and an incredible treasury that I'll return to again and again. In fact, I plan to work with one a day. Barrie's writing is grounded in research yet also steeped in personal

understanding and empathy. Her style is intelligent yet simple, direct, and clear. Reading her words made me feel close to Barrie, as though I know her, as she has grappled with the same challenges and in so doing discovered some of the very best ways to acknowledge one's sensitivity as a gift, manage it wisely, and thrive in this often chaotic and confusing world.

I loved this book! After running into obstacles throughout my life, this book taught me more about myself, my reactions to the cruelties of the world, and how to grow. If you feel you are highly sensitive or empathic, this book is for you.

Interesting insights. Short read.

I have read many available works on this topic and this book was extraordinary. There are lists of ways to cope and helpful ideas for living a fulfilled life as an HSP.

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