



# Highly Sensitive People in an Insensitive World: How to Create a Happy Life

*Ilse Sand*

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## **Highly Sensitive People in an Insensitive World: How to Create a Happy Life Ilse Sand**

In today's fast-paced, increasingly public society, we are expected to be resilient, to have the energy to manage a packed work schedule, social calendar, and a large network of friends, both online and offline, day and night. If you find yourself struggling to live up to, or even enjoy, these non-stop social expectations, then this book is for you.

Written for highly sensitive people, the book explains the characteristics of being highly sensitive and how to overcome common difficulties, such as low self-esteem and the exhausting effects of socialising. Ilse Sand also encourages you to explore and appreciate the advantages of high sensitivity, including your aptitude for depth, intensity and presence, and suggests activities to calm and inspire.

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