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## How To Manage Intense Emotions As A Highly Sensitive Person

### Emotional Sensitivity And Intensity How To Manage Intense Emotions As A Highly Sensitive Person

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Elaine Aron - A Talk on High Sensitivity Part 1 of 3: Research Tips for Highly Sensitive People Emotional Sensitivity And Intensity How Emotional Sensitivity and Intensity will give you in-depth information about this trait, as well as practical exercises and strategies to help with your daily struggles. It will help you come to new ways of thinking about your past, thrive in your current life, and create exciting possibilities for the future.

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How To Manage Intense Emotions As A Highly Sensitive Person  
why you feel the way you do, and how you can be more resilient and reach your full potential.

Emotional Sensitivity and Intensity:  
How to manage intense ...

Imi is an award-winning mental health professional, a Specialist Psychotherapist, Art Therapist, Coach, and Author of the book Emotional Sensitivity and Intensity(Hodder & Stoughton, 2018). As a pioneer of her field, she combines East and Western psychology with philosophy and spiritual healing modalities.

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Emotional Sensitivity and Intensity will give you in-depth information about this trait, as well as practical exercises and strategies to help with your daily

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struggles. It will help you come to new ways of thinking about your past, thrive in your current life, and create exciting possibilities for the future.

Emotional Sensitivity and Intensity by Imi Lo

Discover why Emotional Sensitivity isn't a weakness—it's a gift of creativity, influence and power. At one time, Emotional Sensitivity was believed to be a weakness. However, new work into Emotional Sensitivity reveals that Emotionally Sensitive People aren't just overly-emotional, "touchy" or "hyper-sensitive."

What is Emotional Sensitivity? | Dr. Tracy Thomas

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This book is for you. Learn how to cope with intense feelings, and discover how to use your sensitivity, empathy and intelligence to live a meaningful and fulfilling life.

UNDERSTAND EMOTIONAL SENSITIVITY AND INTENSITY will give you in-depth information about this trait, as well as practical exercises and strategies to help with your daily struggles.

Emotional Sensitivity and Intensity:  
How to manage intense ...

It's tough to control your emotions and even tougher to control the intensity of which you feel them. Some people cope with their emotional intensity through distraction (I can zone out and create my own little world), while others are thankful for this ability (I love to feel emotions truly and deeply;

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this is what makes us alive).

## 23 Habits of People Who Experience Emotional Intensity ...

Emotional intensity is how strongly people feel their emotions. Culturally through most parts of the world, people are told if you react strongly to certain people or situations that you are too sensitive. This leads many people to view their sensitivity as a negative instead of a positive. In this conversation with Imi, we cover not only how to identify if you are emotionally intense, but how to use that intensity to become a better leader.

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