



Understanding the Highly Sensitive Child: Seeing an Overwhelming World through Their Eyes

Jamie Williamson

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It's not easy to be a highly sensitive child. Nor is it always easy to raise, care for, guide and teach a highly sensitive child. Because the highly sensitive child experiences the world a little differently, and that can be difficult to understand. This book aims to help you experience the world from the child's perspective, so that you can better understand them and help them to grow and thrive. In this simple, concise guide I distil the reams of information available on the highly sensitive child so that you can get the knowledge you need quickly and easily. Foreword from Elaine N. Aron, Ph.D. author of the worldwide bestsellers *The Highly Sensitive Person* and *The Highly Sensitive Child*: "As the author of this truly brilliant little book, Jamie Williamson explains that he is not an academic or a psychologist. I am simply a man who feels very passionately about the subject. He is highly sensitive and so is one of his daughters, and he writes about sensitivity with both simplicity and depth. His sensitivity also shows in his book's brevity. Caregivers of children need an author to get to the point so they can go get groceries, pick up the kids etc. Jamie's book can be read in an hour, yet it has charming examples as well as great suggestions and a full, scientifically accurate description of the trait. Jamie is reaching out to all parents, carers and teachers of sensitive children and whether through this book or on his website, he is a wonderful resource."

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