



# **A Highly Sensitive Person's Life: Stories & advice for those who experience the world intensely**

*Kelly O'Laughlin*

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Imagine accepting yourself for the first time.

Imagine realizing that you aren't the only person who feels the way you do.

Imagine no longer wishing you were like everyone else.

*A Highly Sensitive Person's Life* is like having a cup of tea with a good friend while chatting about issues that only another HSP would understand.

Highly Sensitive Person (HSP), introvert, blogger, and podcaster Kelly O'Laughlin balances humor and sound advice in this blog-style collection of personal stories and honest reflections. Readers may see themselves described in these pages and think: "I didn't know anyone else felt this way!" You might even discover surprising new insights.

Many HSPs have spent years feeling defective, wrong, or weird. O'Laughlin's relatable, down-to-earth narrative provides a sense of being part of a community, empowering the reader to understand and accept his or herself, and how to deal—and thrive—in a world that is full of stimulus. (With a sense of humor and some attitude.)

A variety of topics are covered, including: loud noises, bad smells, stagnant air, caffeine, scary & violent movies, creativity, empathy, dealing with loss, anxiety, decisions, peacefulness, misophonia, parties & social events, friendship, childhood, control, commitment, appreciation of art & nature, and aging.

*This book is based on topics from the author's podcast and blog at [HighlySensitivePerson.net](http://HighlySensitivePerson.net).*

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