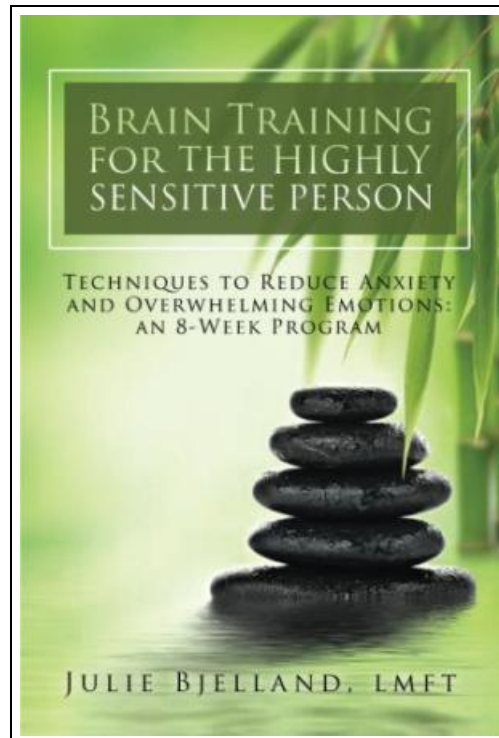


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Updated Edition Julie Bjelland s new book Brain Training for the Highly Sensitive Person is a valuable support in opening to the challenges and potentials that come with high-level sensitivity. - Tara Brach, PhD, author of Radical Acceptance and True Refuge This book is full of thoughtful, warm-hearted, and useful suggestions for calming and fortifying the nervous system. Julie Bjelland is a master of her craft, and it shows on every page. -Rick Hanson, PhD, author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence I highly recommend that highly sensitive people read Julie Bjelland s book, Brain Training for the Highly Sensitive Person. This thorough and well-researched book contains many techniques to help transform the HSP s life. Even if the student implements only a portion of the many practical and innovative methods that are presented in the book for calming the sensitive nervous system, the HSP will live a happier, more tranquil and productive life. -Ted Zeff, PhD, author of The Highly Sensitive Person s Survival Guide, The Strong, Sensitive Boy, and The Power of Sensitivity Julie Bjelland MFT is a remarkable therapist! She has developed great expertise and success in her work with HSP (Highly Sensitive Person) clients. She has used research, clinical experience and her HSP gifts to develop a unique and effective therapeutic approach to help her HSP clients overcome the obstacles of living in a world that is too often not supportive of HSP needs, and to help HSPs feel accepted and valued rather than different or wrong . Now she brings her talent and work to a greater audience with this book. It offers the content of her approach with a...

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