

Table of Contents

Foreword.....	2
Preface.....	3
Introduction.....	4
Are You A Highly Sensitive Person (HSP)?.....	5
Part 1: My Story.....	9
Discovery.....	10
Growing Up as a Highly Sensitive Person.....	12
Career Choice Conflicts.....	17
My Biggest Career Decision.....	21
Starting My Own Business.....	26
Health and Career Issues.....	29
Regaining My Health.....	32
The Road to Wellness.....	35
Discovering Alternative Health Options.....	39
A HSP-Friendly Health Care Strategy.....	42
Gaining Positive Momentum.....	44
My Weekend With Dr. Elaine Aron.....	47
Epilogue.....	52
Part 2: How You Can Benefit From My Experiences.....	53
Your Road Map to a Happy Life.....	54
Resources for Highly Sensitive People (HSPs).....	57
Recommended Speakers, Authors, and Coaches.....	59
Adult Education Resources.....	61
Pet Adoption Information.....	63
HSP Affirmation.....	64
Self-Appreciation.....	65