

## What readers are saying about Cliff Harwin and Making Sense of Your High Sensitivity...

“I found your book thoughtful and meaningful. Your personal perspective contains a good amount of depth and I’m sure readers can glean nuggets of meaning that are personal to their own situations, as I was able to do.”

*Joanne Clingan, MA*

“The key that I found in your book is the intent to educate HSPs earlier in life about their unique emotional and physical makeup. Had I been able to identify these things earlier in my life, it no doubt would’ve saved me a lot of searching and struggling to “be me”. Your work will give HSPs the confidence and tools to get the best out of their lives.”

*Amy, CT*

“I liked your book very much. You hit upon key ingredients of the highly sensitive person’s makeup....Your story progresses well, you use anecdotal humor early on which brings levity to the subject matter....You illustrate how you can take the steps forward to move out of the “safe zone” into an exciting life of possibilities, which is helpful for everyone. Also including a variety of resources is helpful to readers who may not know where to turn.”

*Susan Pie’, NJ*

“I have just finished reading your book. I loved it. I felt that I knew myself better. Your book was easy to read. I gained a lot because it was written from a HSP point of view. I felt that I went into your life and into your heart. Thank you so much.”

*M.G., NY*

“You should be lauded for having the courage to write about your life and your struggles. Good job!”

*Diane, NY*

“Wow! Your book was very enjoyable to read. It was very easy for me to relate to many similar situations in my life.”

*N.C., NJ*

“I think your book is wonderful. The summary and list of questions at the end of each chapter are really helpful. They help clarify what’s been read and guide the reader to insightful consideration of the information.”

*D.D., MA*

“Thank you for a very informative book. What was particularly helpful for me was the journaling suggestions and the information you gave about health care professionals.”

*A.K., TN*