



**Bright lights, loud noises, hustle and bustle...  
For some it's just the backdrop of modern life.  
For highly sensitive people it's a recipe for exhaustion,  
anxiety, and overstimulation.**

For a highly sensitive person (HSP) the constant buzz and bustle of the modern world is exhausting and overstimulating. HSPs have a finely tuned nervous system and are more aware of and affected by noise, bright lights, and strong scents. In addition, they tend to be more sensitive to pain, time pressure, and changes in their lives. HSPs make up approximately 20 percent of the population worldwide.

Now, from Ted Zeff, Ph.D., the author of *The Highly Sensitive Person's Survival Guide*, comes *The Highly Sensitive Person's Companion: Daily Exercises for Calming Your Senses in an Overstimulating World*. Zeff offers a plan for staying calm and creating inner peace no matter what the environment. With 52 exercises in all, Zeff gives readers a new exercise to practice each week. Here's just some of what readers will find:

- Exercises for creating a peaceful work environment;
- Help for getting the sleep they need;
- Relaxation techniques that can be used anytime anywhere;
- Compassionate advice for overcoming the low self-esteem that often comes with being an HSP;
- Tips for creating a diet and exercise plan for fostering calm;
- Information on the sights, smells, and other sensory stimuli that can induce relaxation;
- A primer on supplements and alternative healing methods for HSPs;
- And much more.

Zeff, an HSP himself, knows how difficult it can be for HSPs to navigate a world that seems to become more fast-paced, demanding, and overstimulating by the day. In this handy book he provides a wealth of easy-to-use, yet powerful techniques for creating calm even in the most overstimulating environments.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, x142;  
earlita@newharbinger.com**

**The Highly Sensitive Person's Companion:  
Daily Exercises for Calming Your Senses in an Overstimulating World**  
Ted Zeff, Ph.D.; March 2007; New Harbinger Publications; \$14.95; trade paper;  
ISBN-10: 1-57224-493-3; ISBN-13: 978-1-57224-493-1; 180 pages;  
www.newharbinger.com; 800-748-6273

**Week 49  
Seeing the Good in Others**

Sometimes HSPs tend to focus on the little irritations caused by other people. However, the more you concentrate on the positive characteristics of others, the happier you will become. Use your inherent deep compassion to forgive everyone and open your heart through acts of loving kindness. Complaining about other people only creates a downward spiraling of energy that can weaken your immune system and may even create physical or emotional illness.

Ask a friend or family member to remind you not to make any negative remarks about people this week and in the future. Or, set a timer to ring hourly throughout the week to remind you to be aware of any judgmental thoughts or statements about other people.

Although you may experience negative emotions such as fear, anger, hatred, and jealousy more strongly than others, you also can feel love more deeply than most non-HSPs. Since love is the strongest emotion, you can use its power to heal your relationships, if you choose to.

Equipped with your infinite capacity to express compassion, you too can overcome hatred with love as you dive deeply to discover the positive characteristics hidden in even the most insensitive person.

Make two genuine, heartfelt statements of appreciation every day this week. You may want to begin by appreciating your family and friends. Expand your gratitude to include strangers such as salesclerks or other customers in a store. Finally, find something to appreciate about insensitive people you encounter.

*cont....*

## About the Author of *The Highly Sensitive Person's Companion*

**Ted Zeff, Ph.D.**, received his doctorate in psychology in 1981 from the California Institute of Integral Studies in San Francisco, CA. He currently teaches workshops on coping techniques for highly sensitive people. He has taught stress reduction and insomnia management for more than fifteen years at various hospitals and medical groups. He is author of *The Highly Sensitive Person's Survival Guide*. Visit him at [www.hpsurvival.com](http://www.hpsurvival.com).

### Suggested Interview Questions for Ted Zeff, Ph.D.

1. What does it mean to be a highly sensitive person and how do you know if you are one?
2. Your book offers a 52-week plan for developing coping skills if you're an HSP. You start it by discussing belief systems. Why?
3. You also talk about self-esteem. What effect does being an HSP have on self-esteem?
4. You are an HSP. Can you tell us a little about how you first recognized this?
5. *The Highly Sensitive Person's Companion* offers numerous relaxation techniques. Can you walk us through one?
6. Why is diet important for HSPs and what are some foods they should include and avoid?
7. You say that "a spiritual life calms the HSP." What do you mean by this?
8. What are a few tips for talking about being an HSP with others?
9. What do you suggest to someone who is an HSP and works in a stressful, competitive, and busy environment?
10. What effect can conflict with others have on HSPs and what are a few tips to resolve it?

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
**Earlita Chenault, 510-652-0215, x142;**  
[earlita@newharbinger.com](mailto:earlita@newharbinger.com)

Make a list of the people whom you have appreciated this week and what you said. How can you continue this practice in the future?

Notice how spiritually uplifted both you and the other person feel after you have made genuine statements of appreciation. Everyone wants to feel loved and approved of, and by expressing positive energy you've created a little more love on the planet

#### Praise for *The Highly Sensitive Person's Companion: Daily Exercises for Calming Your Senses in an Overstimulating World*

"Many new ideas to help highly sensitive people thrive."  
—Elaine Aron, Ph.D., author, *The Highly Sensitive Person*

"*The Highly Sensitive Person's Companion* is a wellspring of practical advice for people who feel chronically overwhelmed. This practice guide will help you take control of your environment, your relationships, and your emotions."  
—Linda Johnsen, author of *Lost Masters* and *A Thousand Suns*

**The Highly Sensitive Person's Companion: Daily Exercises for Calming Your Senses in an Overstimulating World**  
by Ted Zeff, Ph.D.; March 2007; New Harbinger Publications; \$14.95; trade paper; ISBN-10: 1-57224-493-3; ISBN-13: 978-1-57224-493-1; 180 pages; [www.newharbinger.com](http://www.newharbinger.com); 800-748-6273