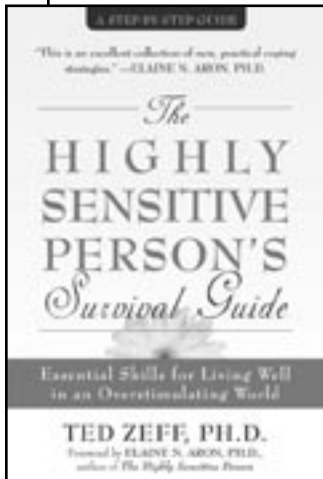


**Does stress at work make you feel drained and jittery? Does a trip to the mall leave you exhausted? Does loud talking make you cringe?
You may be a highly sensitive person.**

“Between these covers Ted Zeff shares many thoughtful insights, fine accounts of solutions to problems found by HSPs, and an excellent collection of fresh, practical suggestions for supporting the highly sensitive body and spirit...(HSPs) are fortunate to have his attention.” ~from the foreword by Elaine N. Aron, Ph.D., author of the best-selling *The Highly Sensitive Person*



Highly sensitive people comprise approximately 20 percent of the population, according to Dr. Elaine Aron, author of *The Highly Sensitive Person*. They are equally divided between male and female.

HSPs have trouble screening out stimuli and can be easily overwhelmed by noise, crowds, and time pressure. They can be made extremely uncomfortable by bright lights, strong smells, and changes in their lives.

In her landmark 1996 book, *The Highly Sensitive Person*, Elaine N. Aron, Ph.D., gave us the first glimpse into the inner lives of highly sensitive people. Now Ted Zeff, Ph.D., gives HSPs everything they need to live successfully in a world that seems to become more fast-paced, frenetic, and overstimulating by the moment. With a foreword from Aron, *The Highly Sensitive Person's Survival Guide* shows readers how to avoid overstimulation at work and at home. It also gives them the compassion, insight, and support they need to develop self-acceptance and self-respect, even when the culture around them dismisses them as simply “too sensitive.”

Along with being easily overwhelmed by noise, crowds, and time pressure, HSPs tends to be acutely sensitive to physical and emotional pain, the effects of caffeine, changes in their lives, and on-screen violence. Bright lights, loud noises, and strong smells can upset their equilibrium. They require more time alone than non-HSPs and can become easily exhausted. Zeff, an HSP himself, knows first-hand the challenges that HSPs face in everyday life. He also knows that despite them, being an HSP can be a gift. “HSPs are conscientious and have the capacity to deeply appreciate beauty, art, and music. We can also really appreciate delicious food because of our sensitive taste buds, a sensitive sense of smell allows us to deeply enjoy aromatic, natural scents, such as flowers. We are intuitive and tend to have deep spiritual experiences and tend to be kind, compassionate, and understanding,” says Zeff. In *The Highly Sensitive Person's Survival Guide* Zeff give HSPs everything they need to avoid overstimulation and maximize these benefits. Here's just some of what he has to say.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

**The Highly Sensitive Person's Survival Guide:
Essential Skills for Living Well in an Overstimulating World
by Ted Zeff, Ph.D., ISBN: 1-57224-396-1, \$13.95,
Published in October 2004, by New Harbinger Publications,
800-748-6273, www.newharbinger.com**

The HSP's adjustment is dependent on the culture in which they were raised. Cultures that value aggressive behavior, promote multitasking, and encourage constant diligence in the pursuit of goals can have a caustic effect on the self-esteem of HSPs. Interestingly, in a study done of Canadian and Chinese school children, it was found that in Canada highly sensitive children were the least liked and respected, while in China sensitive children were the most popular (Aron 2002). Although it's true that overstimulating cultural environments can be rough on HSPs, they can also provide an excellent training ground for the skills that HSPs need to keep overstimulation from undermining their happiness and self-esteem.

Being judged for having a finely tuned nervous system is like discriminating against people based on color, religion, or nationality. HSPs are burdened and blessed with a nervous system that is acutely aware of and responsive to stimuli and changes in internal and external environments. No wonder HSPs are frequently misunderstood and dismissed as simply "too sensitive" or not up to the rigors of daily life. Yet, Zeff insists, HSPs are a legitimate minority group and the non-HSP world should be educated about them and their particular needs.

Sensitive men have particular challenges in aggressive Western cultures. From virtually day one boys in aggressive Western cultures are taught to keep a lid on their emotions and be stalwart and stoic in the face of life's challenges. As a result, HSP boys often deny their true selves in order to gain acceptance from their peers—a bargain that is fraught with emotional peril. Zeff shows HSP men how to accept themselves and reformulate their notion of what it means to be a "man."

The highly sensitive person has an important mission. Zeff believes that HSPs can temper some of the troublesome byproducts of non-HSP behaviors and attitudes. By learning to accept and cherish their highly sensitive nature HSPs can impart the kindness and compassion that the world needs to heal non-HSP aggression toward the planet and its living beings. Zeff even thinks there would be a dramatic decrease in terrorism and war if there were more HSPs in the world.

A Few Tools from the HSP Survival Kit

- **Practice the 1 percent apology.** Because of their sensitivity to emotional turmoil it's important for HSPs to develop conflict resolution skills that help them to restore harmony to a relationship with a minimum of emotional strife. Zeff tells readers to take responsibility for their part in the conflict—even if only 1 percent of it lies with them. "Your expression of remorse gives an opening for the other person to apologize for their part of the disagreement...(E)ven if the other person doesn't apologize, you have created peace of mind for yourself by opening your heart, not blaming anyone, and taking responsibility for your actions," he says.

- **Remember: Silence is golden and talking can tarnish the metal.** Since HSPs feel more peaceful in a quiet environment it's important for them to reduce the time they spend in mindless chatter. They should choose words carefully to avoid overstimulation. continued...

"If you're highly sensitive, you've picked up the right book, Zeff's easy-to-follow advice will transform your life. An illuminating book on a critically important topic." ~Linda Johnsen, MS, author of *Alpha Teach Yourself Yoga in Twenty-Four Hours*

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- **Prepare for overstimulation in everyday life.** Most HSPs can count on the potential for overstimulation as they go about daily lives. Zeff offers a variety of simple techniques to keep overstimulation at bay and diminish it when it occurs. These include creating a morning and evening routine, meditation and mindfulness practices, and relaxation techniques.
- **Take a mini retreat twice a week.** HSPs should set aside a few hours one day during the week and a few hours on the weekend to nurture themselves. The mini retreat is essential for HSPs to function in this overstimulating world. Taking a relaxing bath, setting aside time to read a comforting book, or taking a no-guilt nap are a few self-nourishing activities that can be done during a mini retreat. These are simple yet powerful tools that an HSP can use to keep stimuli from overwhelming him or her.
- **Eat an HSP diet and cultivate an HSP exercise plan.** Zeff offers a comprehensive eating plan that is designed to promote calm and ease. He talks about which foods to include and which to avoid and offers sample menus. He also gives HSPs their own set of exercise guidelines and help for sticking to them.
- **If you have a partner, practice the once-a-week mediation program with him or her.** HSPs can enjoy healthy intimate relationships if they remember that they are especially vulnerable to the emotional peaks and valleys that they engender. In Zeff's once-a-week mediation program both partners agree to discuss contentious issues only once at a specific time during the week. This has proven a real source of healing in his students' relationships.

About Ted Zeff, Ph.D.

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 over fifteen years at various hospitals and medical groups.

The Highly Sensitive Person's Survival Guide grew out of a professional and personal interest in providing skills to this under-recognized population. For most of his life Zeff confronted the challenges that come with being an HSP on a daily basis. By the time he was in the fifth grade he had developed severe anxiety and insomnia. "I couldn't screen out stimuli and became extremely anxious and tense in my large and noisy classroom. By the time I was in the seventh grade my school life had really deteriorated. I continuously experienced severe reactions in the classroom and had an almost total inability to concentrate on my schoolwork," he says. His parents took him to a therapist that dismissed his problems as "overreacting" on his part.

Twenty-five years later, while studying for his Ph.D. in psychology he discovered that his sensitivity and inability to screen out stimuli were behind his life-long problem with anxiety. He went on to create a comprehensive plan for living successfully as an HSP in a non-HSP world. Visit him online at: www.hspsurvival.com.

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Suggested Interview Questions for Ted Zeff, Ph.D.

1. What does it mean to be a highly sensitive person and how can someone tell if he or she is one?
2. You talk about your story in *The Highly Sensitive Person's Survival Guide*. How did you discover that you're an HSP?
3. What are some of the difficulties that HSP children face and what would you like to tell every parent of an HSP child?
4. Imagine the mother of HSP who limits her child's exposure to TV and violent cartoons, even though most of the child's friends are allowed to watch them daily. How would you suggest she deal with the inevitable resentment and anger from her child?
5. What role does culture play in how the HSP feels about him/herself and how he/she copes with the pressures of everyday life?
6. What problems do HSPs face at work and what are a few solutions to them?
7. For many HSPs the yearly company Christmas party is a dreaded event, yet they have to attend. How would you suggest they mingle without being a wall flower and make a presence at the event?
8. What are some common misunderstandings about highly sensitive people?
9. Mary is physically attracted to a quiet, sensitive type. She is an extrovert and fears that if a relationship develops, she will soon become bored with her sensitive partner. What would you suggest to her?
10. What is the positive side of being an HSP?

**“The book is a must read for every highly sensitive person. Zeff has many innovative techniques for coping with the overstimulation and stress in our fast-paced world.” ~Sanford L. Severin, MD,
author of *TriEnergetics***

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