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To Manage

And

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To Manage

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What is
Highly Sensitive
Emotional

Intensity and

How to Embrace

It with Imi Lo

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Sensitivity and

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to manage

intense emotions

as a highly

sensitive

perso... *Signs Of*

A Highly

Sensitive Person

(HSP) \u0026

What To Do About

It | BetterHelp

~~Emotional~~

~~Intensity: 5~~

~~Signs That~~

~~You're~~

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~~Emotionally And
intense~~

The gentle power
of highly

sensitive people

| Elena
Herdieckerhoff |
TEDxIHEParis

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Intensity and

Sensitivity: 4

Emotional Gifts!

~~Weekly Intuitive~~

~~Astrology and~~

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~~Energies of Oct~~

~~28 to Nov 4 ~~~

~~Podcast All the~~

~~Feels (And Then~~

~~Some) |~~

~~Emotional~~

~~Intensity |~~

~~Education |~~

~~Intelligence |~~

~~Gifted How to~~

~~Deal with~~

~~Rejection~~

~~Sensitivity **How**~~

To Make

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Sensitivity Your

Superpower |

Laura Karasinski

| TEDxModulUnive

rsity Emotional

Intensity *how to*

master your

emotions |

emotional

intelligence 7

~~Signs You Have A~~

~~Strong~~

~~Personality That~~

~~Might Scare Some~~

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~~People 6~~

~~Different Types
of Highly~~

~~Sensitive People~~

The Best Careers

for Highly

Sensitive People

Highly Sensitive

People in

Relationships

Anger and ADHD:

How to Build up

Your Brakes 10

Signs You're A

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Sensitive Person

*With An Intensity How
Extremely Strong
Personality Why*

do highly

sensitive people
need to think
differently? The

~~Highly Sensitive
Person: An~~

~~Interview with~~

~~Elaine Aron~~ Life
as a Highly

Sensitive Person

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~~15 HOURS of Deep~~

~~Separation~~

~~Anxiety Music~~

~~for Dog~~

~~Relaxation!~~

~~Helped 4 Million~~

~~Dogs Worldwide!~~

~~NEW! 8 Signs~~

~~You're a Highly~~

~~Sensitive Person~~

~~(HSP) \ "The~~

~~Highly Sensitive~~

~~Person \ " Book~~

~~Summary What is~~

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Emotional And

Intensity ? -

Imi Lo at

Eggshell

Transformations

~~Highly Sensitive~~

~~People: Dr.~~

~~Orloff NPR~~

~~Interview with~~

~~Larry Mantle on~~

~~Emotional~~

~~Freedom~~

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Intensity and

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Sensitivity: And

Family Dynamics

\u0026

Challenges

Elaine Aron - A

Talk on High

Sensitivity Part

1 of 3: Research

Tips for Highly

Sensitive People

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Intensity will

give you in-

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information

about this

trait, as well

as practical

exercises and

strategies to

help with your

daily struggles.

It will help you

come to new ways

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intense ...

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Intensity How
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Highly Sensitive
information
about emotional
intensity and

Person
its overlapping

traits, as well

as practical

advice to help

with daily

struggles.

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Written in a friendly and compassionate tone, it has much to reveal about who you are, why you feel the way you do, and how you can be more resilient and reach your full potential.

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Intensity: How
To Manage

intense ...

Imi is an award-
winning mental
health

professional, a
Specialist

Psychotherapist,
Art Therapist,
Coach, and
Author of the

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book Emotional
Sensitivity and
Intensity (Hodder
& Stoughton,

2018). As a

pioneer of her
field, she
combines East

and Western

psychology with
philosophy and
spiritual
healing
modalities.

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give you in-
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information
about this
trait, as well
as practical

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exercises and strategies to help with your daily struggles.

It will help you come to new ways of thinking about your past, thrive in your current life, and create exciting possibilities for the future.

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Sensitivity And

Emotional Intensity How
Sensitivity and
To Manage Intensity by Imi

Lo Intense

Discover why
Emotions As A
Emotional Highly Sensitive
Sensitivity

Person
isn't a

weakness— it's a
gift of
creativity,
influence and
power. At one

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time, Emotional Sensitivity was believed to be a weakness.

However, new work into Emotions As A Highly Sensitive Person reveals that Emotionally Sensitive People aren't just overly-emotional, "touchy" or "hyp

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er-sensitive.”

Intensity How

What is

To Manage

Emotional Sensitivity? |

Dr. Tracy Thomas

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as a highly
sensitive person

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about yourself

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about emotional

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its overlapping

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traits, as well as practical advice to help with daily struggles.

Written in a friendly and compassionate tone, it has much to reveal about who you are, why you feel the way you do, and how you

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can be more
resilient and
reach your full
potential.

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...

This book is for
you. Learn how
to cope with
intense

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feelings, and

discover how to

use your

sensitivity,

empathy and

intelligence to

live a

meaningful and

fulfilling life.

UNDERSTAND

EMOTIONAL

SENSITIVITY AND

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give you in-

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as practical

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strategies to

help with your

daily struggles.

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to manage

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intensity... And

It's tough to
control your
emotions and

even tougher to

control the
intensity of
which you feel

them. Some

people cope with
their emotional
intensity

through

distraction (“I

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Emotional

can zone out and create my own "little world"), while others are thankful for this ability ("I love to feel emotions truly and deeply; this is what makes us alive").

23 'Habits' of
People Who

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Experience And

Emotional Intensity How

Intensity ...

To Manage

Intense intensity is how

strongly people

feel their

emotions. Highly Sensitive

Person Culturally

through most

parts of the

world, people

are told if you

react strongly

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Sensitivity And

to certain people or situations that you are too

intense sensitive. This

leads many people to view

their emotions as a highly sensitive

person sensitivity as a

negative instead of a positive.

In this

conversation

with Imi, we

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cover not only

how to identify

if you are

emotionally

intense, but how

to use that

intensity to

become a better

leader.

What is

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How to Embrace

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Lo, unknown
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more about

yourself with

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THE EXPERIENCE

OF LIVING

INTENSELY. Do

people sometimes

describe you as

emotionall

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Sensitive

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