



## Making Work Work for the Highly Sensitive Person (NTC Self-Help)

By Barrie Jaeger

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**Making Work Work for the Highly Sensitive Person (NTC Self-Help)** By Barrie Jaeger

"A perceptive guide."

--*Publishers Weekly*

This book builds on Elaine Aron's groundbreaking bestseller *The Highly Sensitive Person* to offer you proven strategies that help you make your extreme sensitivity an asset in the workplace. You will get guidance on stress management, boundary setting, dealing with abusive coworkers, and more. And you will learn how to experience work in a way that is emotionally gratifying as well as financially rewarding.

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### Editorial Review

#### From Publishers Weekly

The titular Highly Sensitive Persons are intelligent, creative, idealistic and possessed of a strong work ethic. But unlike other workers, they suffer under routine, can be bothered by the sensory environment (the hum of fluorescent lights, workplace odors), might go through cycles of enthusiastic over-stimulation followed by brooding withdrawal, and might even dissolve in tears when pressured by deadlines and criticism. "Work Purpose Coach" Jaeger, following Elaine Aron's *The Highly Sensitive Person*, insists that HSPs stand up for their right to be sensitive. She provides HSP readers with useful tips on how to monitor oneself, relax and set boundaries to avoid getting overwhelmed; how to face down office bullies; and, using carefully scripted model monologues, how to inform coworkers and supervisors of one's needs as an HSP (talk about "fatigue" rather than "depression," for example). Her goal is to help HSPs ascend from Drudgery, through the "purgatory" of Craft, to their true Calling—which involves "a blending of the intense mind with the love and joy of our imagination and emotions" and leads to being "lifted, inevitably, up toward Heaven." The book is most compelling in its descriptions of Drudgery, which draw on writers like Barbara Ehrenreich to detail what some have termed the "modern slavery" of the corporate workplace. Unfortunately, Jaeger's priority is less to reform the workplace than to survive or escape it, if necessary, through self-employment. Still, readers will find this a perceptive guide to easing their torments.

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#### From [Booklist](#)

This book enlarges upon *The Highly Sensitive Person* (1996), by Elaine Aron, who describes the HSP as someone whose nervous system is particularly susceptible to stimuli. HSPs are more sensitive not only to their physical environments but also to emotional trauma. Jaeger believes that about 20 percent of the population can be described as HSPs and that the personality type may be inherited. In discussing the work environment, Jaeger recommends that HSPs avoid drudgery, which is particularly devastating because HSPs are generally creative types who thrive on new challenges. Jaeger also advises that craftwork can quickly deteriorate into drudgery for HSPs, who often remain in a job they hate for too long because of commitments or fear. Instead, HSPs need to find more fulfilling work, which the author refers to as a calling. Jaeger says the particular needs of HSPs include stress management, rest and healing, learning the importance of saying no, and dealing with abusive co-workers. Jaeger includes case studies and quotes from numerous HSPs to illustrate the advantages of finding satisfying work. *David Siegfried*

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#### From the Back Cover

#### "A perceptive guide"--*Publishers Weekly*

If you feel drained and debilitated at work, or your work doesn't fulfill your creativity, you may be among the 20 percent of the population who are overwhelmed by job pressures. The Highly Sensitive Person (HSP) is often intelligent, imaginative, empathetic, and hyper-aware of surroundings. This sensitivity is part of being passionate about work. But it can also make being in the work force a painful trial.

Based on cutting-edge research and extensive interviews with hundreds of HSPs, Dr. Barrie Jaeger tackles the problems and issues highly sensitive people face--including feeling overwhelmed by work pressures, overstimulation in the workplace, and lack of confidence. Building on the groundbreaking national

bestseller, *The Highly Sensitive Person*, she explains why traditional work doesn't work for you--and what you can do about it. Dr. Jaeger provides proven strategies to find work you can embrace, not just endure, including:

- Identifying particular aspects of any job that contribute to unhappiness
- Avoiding certain jobs that don't work for HSPs and what to do to get out
- Finding your true calling--and how to let a calling find you--and discovering work that brings joy, creativity, and the greatest level of satisfaction.

Jaeger also includes exercises, ways to take breaks (vital for stress relief) and provides helpful personal assessment features. *Making Work Work* is an owner's manual for highly sensitive people who want to discover how to love what they do--and do what they love.

## Users Review

### From reader reviews:

#### **Arthur Smith:**

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your trouble; you can add your knowledge by the publication entitled *Making Work Work for the Highly Sensitive Person* (NTC Self-Help). Try to make the book *Making Work Work for the Highly Sensitive Person* (NTC Self-Help) as your buddy. It means that it can be your friend when you experience alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunate in your case. The book makes you far more confidence because you can know anything by the book. So, we should make new experience and knowledge with this book.

#### **Jodi Harper:**

This book entitled *Making Work Work for the Highly Sensitive Person* (NTC Self-Help) to be one of several books in which best seller in this year, that is because when you read this guide you can get a lot of benefit upon it. You will easily buy this particular book in the book shop or you can order it by way of online. The publisher in this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to pass this book from your list.

#### **Belinda Kirwin:**

People live in this new moment of lifestyle always aim to and must have the free time or they will get lot of stress from both way of life and work. So, once we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read is usually *Making Work Work for the Highly Sensitive Person* (NTC Self-Help).

**Christina Bishop:**

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