



Highly Sensitive

Carol Brown

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Highly Sensitive, Understanding your Gift of Spiritual Sensitivity speaks to five areas of difficulty for highly sensitive people:

1. Difficulties with the design
 2. Difficulty hearing God and being confident in that hearing
 3. Trust
 4. Boundaries
 5. Sense of worth and belonging
- It gives practical guidelines to sort through a jumble of sensory data--helps you sort "me from thee!"
 - It gives strategies to build or repair inner structures
 - It provides help to rein life in so it becomes manageable
 - It takes you from A-Z in scripture to show how God sees the believer
 - Companion volume to *The Mystery of Spiritual Sensitivity* which gives voice and vocabulary to how many people experience life
 - Normalizes spiritual sensitivity

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