

# Living Intensity Understanding Sensitivity Excitability

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[When Gifted Kids Don't Have All the Answers](#) - Judy Galbraith 2015-04-15

Gifted kids are so much more than test scores and grades. Still, it's sometimes difficult to see past the potential to the child who may be anxious, lonely, confused, or unsure of what the future might bring. This book, now fully revised with updated information and new survey quotes, offers practical suggestions for addressing the social and emotional needs of gifted students. The authors present ways to advocate for gifted education; help gifted underachievers, perfectionists, and twice-exceptional students; and provide all gifted kids with a safe, supportive learning environment. Complete with engaging stories, strategies, activities, and resources, this book is for anyone committed to helping gifted students thrive. Includes online digital content.

[The Gift of Intensity](#) - Imi Lo 2021-06-24

This is a book about being successful, fulfilled and happy in a world in which you don't always feel you fit in. Many people are emotionally sensitive and intense and while these characteristics need not limit us, they often hold us back from expressing ourselves, being heard and taking charge of our life, love and work. This book is a complete guide which shows sensitive and intense people how to navigate, successfully and predictably, the fundamental relationships that make up their lives - demonstrating along the way that intense feelings are a gift not a curse. Grounded in the author's extensive

clinical and personal experience, the book advises readers on challenges such as low self-esteem, family conflicts, loneliness, complex work challenges and times of emotional crisis. Readers are given actionable steps to change their lives.

**Misdiagnosis and Dual Diagnoses of Gifted Children and Adults** - James T. Webb 2005

Our brightest, most creative children and adults are often being misdiagnosed with behavioral and emotional disorders such as ADHD, Oppositional-Defiant Disorder, Bipolar, OCD, or Asperger's. Many receive unneeded medication and inappropriate counseling as a result. Physicians, psychologists, and counselors are unaware of characteristics of gifted children and adults that mimic pathological diagnoses. Six nationally prominent health care professionals describe ways parents and professionals can distinguish between gifted behaviors and pathological behaviors. These authors have brought to light a widespread and serious problem—the wasting of lives from the misdiagnosis of gifted children and adults and the inappropriate treatment that often follows. Jack G. Wiggins, Ph. D., Former President, American Psychological Association

**Bright Not Broken** - Diane M. Kennedy 2011-09-13

The future of our society depends on our gifted children—the population in which we'll find our next Isaac Newton, Albert Einstein, or Virginia Woolf. Yet the gifts and talents of some of our

most brilliant kids may never be recognized because these children fall into a group known as twice exceptional, or “2e.” Twice exceptional kids are both gifted and diagnosed with a disability—often ADHD or an Autism Spectrum Disorder—leading teachers and parents to overlook the child’s talents and focus solely on his weaknesses. Too often, these children get lost in an endless cycle of chasing diagnostic labels and are never given the tools to fully realize their own potential. Bright Not Broken sheds new light on this vibrant population by identifying who twice exceptional children are and taking an unflinching look at why they’re stuck. The first work to boldly examine the widespread misdiagnosis and controversies that arise from our current diagnostic system, it serves as a wake-up call for parents and professionals to question why our mental health and education systems are failing our brightest children. Most importantly, the authors show what we can do to help 2e children, providing a whole child model for parents and educators to strengthen and develop a child’s innate gifts while also intervening to support the deficits. Drawing on painstaking research and personal experience, Bright Not Broken offers groundbreaking insight and practical strategies to those seeking to help 2e kids achieve their full potential. Diane M. Kennedy, author of The ADHD-Autism Connection, is a long time advocate, international speaker/trainer, and mother of three twice-exceptional sons. Rebecca S. Banks, M.A., co-author of The ADHD-Autism Connection, is a veteran educator, national speaker/trainer, and mother of two twice-exceptional children. Temple Grandin, Ph.D., is a professor, prolific author, and one of the most accomplished and renowned adults with autism in the world.

### **Understanding Twice-Exceptional Learners -**

C. Matthew Fugate 2021-10-20

Understanding Twice-Exceptional Learners offers an in-depth look at the needs and lived experiences of students who are twice-exceptional. This book: Includes detailed examinations of co-occurring disabilities commonly found in twice-exceptional populations. Features studies of ADHD, dyslexia, dyscalculia, autism spectrum disorders (ASD), anxiety, OCD, and more. Bridges the divide

between research about and practical strategies for teaching gifted students with learning challenges. Is Ideal for university teacher preparation courses and graduate programs. Provides strength-based strategies that focus on students' unique gifts and talents. Each chapter includes a comprehensive literature review, suggested interventions, resources for further exploration, and vignettes that highlight experiences of twice-exceptional students and the behaviors and needs that practitioners might commonly see in the classroom.

[The Gifted Teen Survival Guide](#) - Judy Galbraith  
2011-08-19

Based on new surveys of nearly 1,500 gifted teens, this book is the ultimate guide to thriving in a world that doesn’t always support or understand high ability. Full of surprising facts, survey results, step-by-step strategies, inspiring teen quotes, and insightful expert essays, the guide gives readers the tools they need to appreciate their giftedness as an asset and use it to make the most of who they are. The fourth edition has been revised for a new generation of high-end learners and includes information on twice-exceptionality, emotional and social intelligence, creativity, teen brain development, managing life online, testing and standards, homeschooling, International Baccalaureate programs, college alternatives, STEM careers, cyberbullying, and other hot topics.

### **Gifted Education as a Lifelong Challenge -**

Albert Ziegler 2012

This book is dedicated to the scholar and academic teacher Franz Monks, who is considered internationally to be one of the most brilliant 'giftedness' researchers. The wide spectrum of his writings and activities is reflected in the number of renowned international scholars who contributed to this unique collection of essays on gifted education as a life-long challenge.

**Emotional Sensitivity and Intensity** - Imi Lo  
2018-02-01

NAVIGATE THE EXPERIENCE OF LIVING INTENSELY. Do people sometimes describe you as emotionally intense or oversensitive? Do you often feel overwhelmed or anxious in the face of a world which is loud, fast-moving and sometimes uncaring? Understand Emotional Sensitivity will give you in-depth information

about emotional intensity and its overlapping 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 can be more resilient and reach your full potential. Easy to read, accessible and jargon-free, it will answer questions raised by many emotionally intense individuals: Is there something wrong with me? How does this trait explain my life experiences so far? What can I do right now to better my life and to fulfil my potential? Where can I find others like me? You will: - Understand what it means to live with emotional intensity - Debunk the myths and stereotypes about this trait - Reframe the way you see yourself and to let go of self-limiting beliefs - Identify and liberate your unique potential

ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical, how-to guides covering language learning, lifestyle, hobbies, business, psychology and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning.

**Upside-down Brilliance** - Linda Kreger Silverman 2002

Do you know things without being able to explain how or why? Do you solve problems in unusual ways? Do you think in pictures rather than in words? If so, you are not alone. One-third of the population thinks in images. You may be one or you may live with one. If you teach, it is absolutely certain that some of your students.

**Your Rainforest Mind: A Guide to the Well-Being of Gifted Adults and Youth** - Paula Prober 2016-06-20

Do you long to drive a Ferrari at top speed on the open road, but find yourself always stuck on the freeway during rush hour? Do you wonder how you can feel like "not enough" and "too much" at the same time? Like the rain forest, are you sometimes intense, multilayered, colorful, creative, overwhelming, highly sensitive, complex, and/or idealistic? And, like the rain forest, have you met too many chainsaws? Enter Paula Prober, M.S., M.Ed., who understands the diversity and complexity of minds like yours. In "Your Rainforest Mind: A Guide to the Well-

Being of Gifted Youths and Adults," Paula explores the challenges faced by gifted adults of all ages. Through case studies and extensive research, Paula will help you tap into your inner creativity, find peace, and discover the limitless potential that comes with your Rainforest Mind.

Visual Learning and Teaching - Susan Daniels 2020-02-17

A creative guide to visual learning strategies with easy-to-use activities for increasing visual literacy. Emojis . . . avatars . . . icons . . . Our world is becoming increasingly reliant on visual communication. But even as we edge toward a virtual world, it's still critical for students to comprehend and know how to make simple, meaningful marks. In this easy-to-use resource, Dr. Susan Daniels channels over twenty years of research and experience into a creative guide of strategies that enable educators to present the foundational skills of visual learning in the classroom. Educators will learn how to create a "visual toolbox" of tools that promote visual literacy across the curriculum and discover interactive activities to encourage visual learning and communication in all students. Digital content includes customizable forms and a PDF presentation. A free online PLC/Book Study Guide is available at [freespirit.com/PLC](http://freespirit.com/PLC).

**Gifted Grownups** - Marylou Kelly Streznewski 1999-03-29

Gifted Grownups, Marylou Kelly Streznewski's unprecedented, 10-year study of 100 gifted adults, examines how being identified as a "smart kid" early on affects career choices, friendships, and romantic pairings later in life. Why do some talented and gifted people become Mozarts and Einsteins or corporate chieftains, while others drop out of school, struggle to hold down jobs, or turn to self-destructive behavior? What are the signs of giftedness, its pitfalls, and its promise? Marylou Streznewski provides answers to these and other questions, and creates an intriguing picture of what it is like to have an accelerated mind in a slow-moving world.

*The Development of Giftedness and Talent Across the Life Span* - Frances Degen Horowitz 2009

In this volume, renowned developmental psychologists and experts in gifted education come together to explore giftedness from early

childhood through the elder years. Focusing on the practical implications of emerging theoretical perspectives and empirical findings, contributors examine prediction and measurement, diversity issues, and psychosocial factors as they relate to developing talent in different domains. Is the expression of gifted behavior predictable? Is it a stable individual characteristic? How do race, ethnicity, gender, and culture influence or contribute to the development of gifted and talented behaviors? What sustains the development of giftedness and talent? And how can insights gleaned from the field of gifted education inform the research, policy, and practice of psychologists? These questions are considered at each stage across the life span by an interdisciplinary team of experts. This highly informative volume is a must-read for developmental and educational psychologists, as well as for researchers, educators, and anyone interested in the development of high-level abilities, individual differences, educational policy and practice, and the realization of human potential.

**A Parent's Guide to Gifted Children** - James T. Webb 2007

Practical guidance in key areas of concern for parents, such as peer relations, siblings, motivation and underachievement, discipline, intensity and stress, depression, education planning, and finding professional help.

*The Gifted Adult* - Mary-Elaine Jacobsen  
2015-02-18

Are you relentlessly curious and creative, always willing to rock the boat in order to get things done . . . extremely energetic and focused, yet constantly switching gears . . . intensely sensitive, able to intuit subtly charged situations and decipher others' feeling? If these traits sound familiar, then you may be an Everyday Genius--an ordinary person of unusual vision who breaks the mold and isn't afraid to push progress forward. . . . As thought-provoking as Daniel Goleman's Emotional Intelligence, psychologist Mary-Elaine Jacobsen's *Gifted Adults* draws on a wide range of groundbreaking research and her own clinical experience to show America's twenty million gifted adults how to identify and free their extraordinary potential. *Gifted Adults* presents the first practical tool for rating your Evolutionary Intelligence Quotient

through an in-depth personality-type profile. Demystifying what it means to be a gifted adult, this book offers practical guidance for eliminating self-sabotage and underachievement, helping Everyday Geniuses and those who know, love, and work with them to understand and support the exceptional gifts inherent in these unique personality traits.

**Uniquely Gifted** - Kiesa Kay 2000

This is a collection of over 40 articles written by parents, teachers, and twice exceptional children themselves. It discusses the educational needs of children who are gifted but also are dealing with disabilities such as ADHD, Aspergers syndrome, dyslexia, et cetera.

**Twice Exceptional** - Scott Barry Kaufman 2018

In an educational system founded on rigid standards and categories, students who demonstrate a very specific manifestation of intelligence flourish, while those who deviate tend to fall between the cracks. Too often, talents and interests that do not align with classroom conventions are left unrecognized and unexplored in children with extraordinary potential but little opportunity. For twice-exceptional (2e) children, who have extraordinary strengths coupled with learning difficulties, the problem is compounded by the paradoxical nature of their intellect and an unbending system, ill-equipped to cater to their unique learning needs. *Twice Exceptional: Supporting and Educating Bright and Creative Students with Learning Difficulties* provides cutting-edge, evidence-based approaches to creating an environment where twice-exceptional students can thrive. Viewing the 2e student as neither exclusively disabled nor exclusively gifted, but, rather, as a dynamic interaction of both, leading experts offer holistic insight into identification, social-emotional development, advocacy, and support for 2e students. With chapters focusing on special populations (including autism, dyslexia, and ADHD) as well as the intersection of race and 2e, this book highlights practical recommendations for school and social contexts. In expounding the unique challenges faced by the 2e population, *Twice Exceptional* makes a case for greater flexibility in our approach to education and a wider notion of what it means to be academically successful.

*Raising Creative Kids* - Susan Daniels 2013  
How can you nurture creativity in your child?  
*Raising Creative Kids* shows parents and teachers how to guide and foster creativity and sustain the creative spirit we are born with. In addition to explaining various theories of creativity, the authors describe: Personality traits associated with creativity, Processes involved in creativity, Ways to parent for creativity, Activities that promote creative thinking, Programs to cultivate creativity, Teaching organization skills, How to preserve your own creativity Book jacket.

**Differently Wired** - Deborah Reber 2018-06-12  
Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are—these are what Deborah Reber is calling the “differently wired” kids, the one in five children with ADHD, dyslexia, Asperger’s, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard—struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what’s normal, what’s not, and how to handle it all. But now there’s hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger’s, and is highly gifted), *Differently Wired* is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion. On the one hand it’s a book of saying NO, and how it’s time to say no to trying to fit your round-peg kid into society’s square holes, no to educational and social systems that don’t respect your child, no to the anxiety and fear that keep parents stuck. And then it’s a book of YES. By offering 18 paradigm shifts—what she calls “tilts”—Reber shows how to change everything. How to “Get Out of Isolation and Connect.” “Stop Fighting Who Your Child Is and Lean In.” “Let Go of What Others Think.” “Create a World Where Your Child Can Feel Secure.” “Find Your People (and Ditch the Rest).” “Help Your Kids Embrace Self-Discovery.” And through these alternative ways of being, discover how to stay open, pay attention, and become an exceptional parent to your exceptional child.

*Smart Boys* - Barbara A. Kerr 2001  
Explores the relationship of special intellectual ability to the role of males in American society and describes the impact of giftedness on boys' academic and social adjustment.

**Parenting Dual Exceptional Children** - Denise Yates 2022-03-21

This is the first comprehensive guide for parents of children with Dual and Multiple Exceptionality (DME, sometimes called Twice Exceptionality or 2E). Children with high learning potential may also have conditions such as ASD, ADHD, dyslexia and dyspraxia, having 'flashes of brilliance' in some areas whilst needing additional support in others. As a result, their abilities may not always be recognised in an educational setting. This book takes a strengths-based approach towards helping parents recognise and focus on their child's areas of potential to support them towards better attainment and self-esteem, and build on these abilities while also identifying and addressing areas of difficulty. It provides an understanding of the mixed learning profile of DME children, explaining why they excel in some areas but not others, as well as guidance for parents on working positively with schools and providing their child with the support they need. With stories, quotes from parents and examples throughout, this is an essential guide to helping DME children achieve their full untapped potential.

**"Mellow Out," They Say, If I Only Could** - Michael Piechowski 2006-01-01

*Emotional Intensity in Gifted Students* - Christine Fonseca 2021-09-03

Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded

role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

**The Smart Teens' Guide to Living with Intensity** - Lisa Rivero 2010

"This book is written for pre-teens and teens who love to learn, even if they don't necessarily love school. Discover yourself as an intense and excitable learner, a creative learner, and a self-directed learner. Read about how to manage perfectionism and self-talk, how to understand your parents better, and how to take charge of your education, whether you go to public school, private school, or homeschool"--Supplied by publisher.

**Why Smart People Hurt** - Eric Maisel 2013-09-01

Make the most of your creative and intellectual gifts by overcoming the unique challenges they bring with this guide by the author of *Natural Psychology*. Many smart and creative people experience unique challenges as a result of their valuable gifts. These can range from anxiety and over-thinking to mania, depression, and despair. In *Why Smart People Hurt*, creativity coach Dr. Eric Maisel pinpoints these often-devastating challenges and offers solutions based on the groundbreaking principles and practices of natural psychology. Are you still searching for meaning after all these years? Many smart people struggle with reaching for or maintaining success because, after all of the work they put into attaining it, it still seems meaningless. In *Why Smart people Hurt*, Dr. Maisel will teach you how to stop searching for meaning and create it for yourself. In *Why Smart People Hurt*, you will find:

- Evidence that you are not alone in your struggles
- Strategies for coping with a brain that goes into overdrive at the drop of a hat
- Questions that will help you create your own personal roadmap to a calm and meaningful life

*Rethinking Empathy through Literature* -

Meghan Marie Hammond 2014-07-11

In recent years, a growing field of empathy studies has started to emerge from several academic disciplines, including neuroscience,

social psychology, and philosophy. Because literature plays a central role in discussions of empathy across disciplines, reconsidering how literature relates to "feeling with" others is key to rethinking empathy conceptually. This collection challenges common understandings of empathy, asking readers to question what it is, how it works, and who is capable of performing it. The authors reveal the exciting research on empathy that is currently emerging from literary studies while also making productive connections to other areas of study such as psychology and neurobiology. While literature has been central to discussions of empathy in divergent disciplines, the ways in which literature is often thought to relate to empathy can be simplistic and/or problematic. The basic yet popular postulation that reading literature necessarily produces empathy and pro-social moral behavior greatly underestimates the complexity of reading, literature, empathy, morality, and society. Even if empathy were a simple neurological process, we would still have to differentiate the many possible kinds of empathy in relation to different forms of art. All the complexities of literary and cultural studies have still to be brought to bear to truly understand the dynamics of literature and empathy.

**Personality-shaping Through Positive Disintegration** - Kazimierz Dąbrowski 1967

**Handbook for Counselors Serving Students With Gifts and Talents** - Tracy L. Cross 2021-10-01

The second edition of *Handbook for Counselors Serving Students With Gifts and Talents* provides the definitive overview of research on the general knowledge that has been amassed regarding the psychology of gifted students. This book: Introduces the reader to the varied conceptions of giftedness. Covers issues specific to gifted children and various intervention methods. Describes programs designed to fulfill the need these children have for challenge. Is updated and expanded, addressing contemporary issues. Reflects the latest research on giftedness. With chapters authored by leading experts in the field, *Handbook for Counselors Serving Students With Gifts and Talents* is a resource professionals can turn to

for answers to a wide variety of questions about gifted children.

Dabrowski's Theory of Positive Disintegration - Sal Mendaglio 2008

This book summarizes the research and application of the Theory of Positive Disintegration, one of the most influential theories in gifted education, and compares it to other theories of personality and psychological development.

**Searching for Meaning** - James T. Webb 2013

**Annemarie Roeper** - Annemarie Roeper 1995

A distinguished and beloved educator reflects on a lifetime of teaching, learning about, and advocating for gifted children.

**Parenting Gifted Children 101** - Tracy Ford Inman 2021-09-03

This practical, easy-to-read book explores the basics of parenting gifted children, truly giving parents the "introductory course" they need to better understand and help their gifted child.

Topics include myths about gifted children, characteristics of the gifted, the hows and whys of advocacy, social and emotional issues and needs, strategies for partnering with your child's school, and more. Parenting Gifted Children 101 explores ways for you to help your child at home and maximize your child's educational experience with strategies that are based on research, but easy to implement. Each chapter—from parenting twice-exceptional students to navigating the possible challenges that school may hold for your child—contains resources for further reading and insights from more than 50 parents and educators of gifted children. Texas Association for the Gifted and Talented 2017 Legacy Book Award Winner - Parenting

**Some of My Best Friends are Books** - Judith Wynn Halsted 2009

Recommends books for gifted readers that provide insights and coping skills for issues they may face from preschool through high school, featuring more than three hundred titles with brief summaries, organized by reading levels; and includes an index arranged by theme.

**Exceptionally Gifted Children** - Miraca U. M. Gross 2002-01-08

Exceptionally Gifted Children examines the origin, development and school histories of

fifteen Australian children who are amongst the most intellectually gifted young people ever to be identified and studied. The first phase of a longitudinal research project which will trace the children through to adulthood, this book looks in detail at the children's early lives and influences, their families and personal characteristics. More importantly, this book explores the school experiences of the children, the opportunities offered and denied to them and the effects of their early school life on their educational development and how the school environment can affect: \* self-esteem \* self-concept \* motivation \* the capacity to find and form friendships \* the children's own attitudes towards their abilities and achievements. This fascinating study will be of interest to education researchers, those working in special educational needs, and anyone with a particular interest in this field.

**Journey Into Your Rainforest Mind** - Paula Prober 2019-06-18

Selected posts from the popular blog Your Rainforest Mind along with specific strategies and resources to guide your journey back to authenticity, purpose, love, and to finally deciding what color to paint your living room. Have you been told that you're too sensitive, too dramatic, too verbal, too smart, too curious, and too intense? Do you feel like not enough and too much at the same time? Do you ask yourself: If I'm so smart, why am I so dumb? Yes? Then, chances are, you have a rainforest mind. A mind that runs faster, wider, and deeper than most. A personhood that is highly sensitive, perceptive, and empathetic. Like the tropical rainforest, you're extremely complex, full of life, and misunderstood. You have the ability to make a significant contribution to society but you're being cut down before you can find your way. Let this book help you find your way. Take a journey into your rainforest mind.

Positive Disintegration - Kazimierz Dabrowski 2018-07-30

Kazimierz Dabrowski refers to his view of personality development as the theory of positive disintegration. Dabrowski feels that no growth takes place without previous disintegration. He regards symptoms of anxiety, psychoneurosis, and even some symptoms of psychosis as the signs of the disintegration

stage, and therefore not always pathological.  
Guiding the Gifted Child - James T. Webb 1982  
This book seeks to increase the awareness by parents, teachers, and clinicians of the often overlooked unique emotional needs of gifted children.

**ADHD in Lebanese Schools** - Hala Mohammed Berri 2016-03-04

This Brief addresses the causes, assessment, and treatment of ADHD in Lebanese schoolchildren. It details how the disorder is currently defined in Lebanese elementary schools and examines schoolteachers' understanding of and conceptions about ADHD across three domains: general knowledge; symptoms and diagnosis; and treatment. This concise volume presents the authors' research into Lebanese schoolteachers' knowledge of ADHD and their ability and readiness to address the psychological and academic needs of their students who have been diagnosed with the disorder. In addition, the Brief explores the teachers' ability to identify ADHD subtypes in relation to a student's gender within the Lebanese context, emphasizing the differing sociocultural expectations in the

behaviors of boys and girls. Topics featured in this Brief include:  
Current procedures for identifying ADHD in Lebanon.  
Lebanese teachers' knowledge about ADHD, their misconceptions, and factors that influence their opinions.  
Biases toward and confusion about disorders on the basis of perceived gender differences.  
ADHD assessment and implementation strategies for Lebanese special education professionals.  
Research questions, design, and methods as well as data collection and analysis procedures used in the study.  
ADHD in Lebanese Schools

*The Loving Push* - Temple Grandin 2016

How parents and professionals can help spectrum kids become successful adults

Living with Intensity - Susan Daniels 2009

This book describes the overexcitabilities often associated with gifted children and adults, as well as strategies for dealing with children and adults who experience them. It also provides essential information on Dabrowski's Theory of Positive Disintegration. Learn practical methods for nurturing sensitivity, intensity, perfectionism.