



Making Work Work for the Highly Sensitive Person

By Barrie S. Jaeger, Elaine Aron

Download now

Read Online 

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron

A practical guide to coping at work

Making Work Work for the Highly Sensitive Person builds on Elaine Aron's groundbreaking bestseller *The Highly Sensitive Person*.

This new book, which includes a Foreword by Aron, gives highly sensitive persons (HSPs) strategies to build confidence, combat stress, and find work that is emotionally, financially, and creatively rewarding.

Based on cutting-edge medical and scientific research, this fresh perspective on how readers can secure satisfying careers includes strategies to:

- Detect jobs that are not right for HSPs
- Make their opinions heard and valued
- Control good personal internal boundaries
- Defend themselves from bullies in the workplace
- Move out of a job that feels like drudgery, and into a job that supports career goals and dreams

 [Download Making Work Work for the Highly Sensitive Person ...pdf](#)

 [Read Online Making Work Work for the Highly Sensitive Person ...pdf](#)

Making Work Work for the Highly Sensitive Person

By *Barrie S. Jaeger, Elaine Aron*

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron

A practical guide to coping at work

Making Work Work for the Highly Sensitive Person builds on Elaine Aron's groundbreaking bestseller *The Highly Sensitive Person*.

This new book, which includes a Foreword by Aron, gives highly sensitive persons (HSPs) strategies to build confidence, combat stress, and find work that is emotionally, financially, and creatively rewarding.

Based on cutting-edge medical and scientific research, this fresh perspective on how readers can secure satisfying careers includes strategies to:

- Detect jobs that are not right for HSPs
- Make their opinions heard and valued
- Control good personal internal boundaries
- Defend themselves from bullies in the workplace
- Move out of a job that feels like drudgery, and into a job that supports career goals and dreams

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron Bibliography

- Sales Rank: #319603 in Books
- Brand: McGraw Hill
- Published on: 2003-12-17
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .97" w x 6.10" l,
- Binding: Hardcover
- 256 pages

 [Download Making Work Work for the Highly Sensitive Person ...pdf](#)

 [Read Online Making Work Work for the Highly Sensitive Person ...pdf](#)

Download and Read Free Online Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron

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.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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*

Copyright © American Library Association. All rights reserved

From the Back Cover

Building on Elaine Aron's groundbreaking work in *The Highly Sensitive Person*, this invaluable book helps highly sensitive persons find the work they are called to do and do their best work in less than perfect environments. Here are strategies that will help HSPs experience work in a way that is emotionally gratifying, financially rewarding, and that allows them the freedom to achieve their maximum potential. Because the real job for these exceptionally creative, multi-talented people is learning how to make their sensitivity work for them.

Based on lifelong study, cutting-edge research, and extensive interviews with hundreds of HSPs, Dr. Barrie Jaeger tackles the problems and issues highly sensitive people face on a daily basis—from feeling overwhelmed by the pressures of work and overstimulated by the workplace environment, to suffering from

a lack of confidence, and a nagging sense that they are not "cut out for the real world."

Jaeger outlines three experiential states of work, and shows HSPs how they can progress from the lowest, most arduous level, when a job is "just a job," to the highest and most desired state of comfort and happiness in their work:

- **Drudgery:** For those who are particularly unhappy in their jobs, Jaeger shows how to identify particular aspects of any job that contribute to unhappiness, why certain jobs don't work for HSPs, and what to do to get out.
- **Craft:** HSPs who take pride in jobs that showcase their skills typically have control over their work and exhibit self-confidence in a job well done, but may not be as comfortable in their environment as they would like. Craft addresses important issues in the psychology of work regarding self-employment and entrepreneurship.
- **Calling:** The highest level of achievement for HSPs, Jaeger shows how to find a calling--and how to let a calling find you--meaning work that brings joy, creativity, and the greatest level of satisfaction.

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

"If plunging ahead into the unknown to try to find one's true work is not courage, I do not know what is. And Barrie Jaeger is giving that courage. It is at work that HSPs are able, or forced, to interface with the often troubled and troubling non-HSP world. Here is where hope and support are most needed. Barrie provides what counts--the emotional support. Soul support."

--From the foreword by Elaine Aron

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

Building on the groundbreaking national bestseller, *The Highly Sensitive Person*, this book is devoted to explaining why traditional work doesn't work for you--and what you can do to improve your situation. Dr. Barrie Jaeger provides proven strategies to find work you can embrace--and not just endure.

Users Review

From reader reviews:

Donna Antonucci:

Reading a book tends to be new life style in this particular era globalization. With looking at you can get a lot of information which will give you benefit in your life. Along with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. Many author can inspire their own reader with their story or perhaps their experience. Not only the storyline that share in the publications. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always

try to improve their ability in writing, they also doing some analysis before they write to the book. One of them is this Making Work Work for the Highly Sensitive Person.

Roger Bennett:

People live in this new morning of lifestyle always try and and must have the free time or they will get lots of stress from both day to day life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the particular book you have read is actually Making Work Work for the Highly Sensitive Person.

Juan Crowe:

Your reading sixth sense will not betray a person, why because this Making Work Work for the Highly Sensitive Person e-book written by well-known writer we are excited for well how to make book which might be understand by anyone who read the book. Written in good manner for you, dripping every ideas and writing skill only for eliminate your hunger then you still doubt Making Work Work for the Highly Sensitive Person as good book not merely by the cover but also from the content. This is one reserve that can break don't assess book by its cover, so do you still needing another sixth sense to pick this!? Oh come on your examining sixth sense already told you so why you have to listening to another sixth sense.

Clarence Jenkins:

Many people said that they feel uninterested when they reading a publication. They are directly felt it when they get a half parts of the book. You can choose typically the book Making Work Work for the Highly Sensitive Person to make your current reading is interesting. Your skill of reading talent is developing when you including reading. Try to choose straightforward book to make you enjoy to see it and mingle the idea about book and examining especially. It is to be very first opinion for you to like to start a book and go through it. Beside that the book Making Work Work for the Highly Sensitive Person can to be your friend when you're truly feel alone and confuse using what must you're doing of their time.

Download and Read Online Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron #JGAS980V463

Read Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron for online ebook

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron books to read online.

Online Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron ebook PDF download

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron Doc

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron Mobipocket

Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron EPub

JGAS980V463: Making Work Work for the Highly Sensitive Person By Barrie S. Jaeger, Elaine Aron