



EFT for the Highly Sensitive Temperament (EFT: Emotional Freedom Techniques)

Rue Anne Hass

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Are you very sensitive to your own feelings and the feelings of those around you? Do you get overwhelmed by external stimuli, such as crowds, loud sounds and hectic environments? Are you deeply affected by the beauty of art, literature, music and nature? Do you get stressed easily? Do you suffer from feelings of inadequacy and sadness? Do you always seek deep and meaningful relationships?

If so, you may have a highly sensitive temperament (HST). HSTs are a recently-recognized personality type and face many challenges in a world that is full of overwhelming stimuli. Yet HSTs can learn to survive and be successful. The breakthrough techniques of EFT (Emotional Freedom Techniques) are a powerful resource for HSTs. They teach you how to immediately and routinely reduce the intensity coming at you, how to set personal guidelines that work for you.

EFT for the Highly Sensitive Temperament is an invaluable survival guide for HSTs, their loved ones and their families. It shows how to turn sensitivity into a gift for yourself and the world.

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