



Sensitivity: From a Burden to a Blessing: How to Be a Highly Sensitive Person to God's Glory

Launi A. Treece Ph.D.

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Psychologist Launi Treece, Ph.D. describes the unique challenges and blessings of being a Christian and a highly sensitive person. Based upon the work by Elaine Aron, Ph.D. and book: *The Highly Sensitive Person*, this book provides new insights into how to cope with sensitivity from the Christian perspective, and how to use the strengths of sensitivity to serve God and live life to the fullest. Highly sensitive people tend to struggle with anxiety, depression and physiological concerns. They may also find social situations such as work and church to be challenging. Dr. Treece provides insight, research and suggestions for how to cope, adapt and thrive in these areas.

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