



## Making Work Work for the Highly Sensitive Person

*Barrie Jaeger*

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### 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 Details

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## **From Reader Review Making Work Work for the Highly Sensitive Person for online ebook**

### **Meg says**

This book was disappointing. I kind of liked the section about how to state your needs as a strength rather than a weakness, but other than that I didn't get much out of it. The writing was not very good. The author's framework (Drudgery, Craft, and Calling) was not useful for me, and I found it to be very one-dimensional. Apparently the One True Way for highly sensitive people is to follow your "calling" and be self-employed. Anything else just won't be good enough for you. How does the author know this, one wonders?

Also, the author is really into the whole idea that highly sensitive people are super nice and sweet and care about saving the planet and helping people and blah blah blah. I don't buy it that HSPs are intrinsically nicer than other people. Being sensitive sometimes makes people irritable and crabby, or causes them to act out because they don't know how to handle overstimulation, or alternately makes them good manipulators because they know how to push other people's buttons.

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### **Tammy says**

This title builds on Elaine Aron's bestseller, *The Highly Sensitive Person* and includes a foreword by her.

People who are highly sensitive are often creative, intelligent and dedicated workers. But to be successful, they need to have work that they are passionate about and develop skills to build confidence, combat stress and the over-stimulation that comes with many workplaces.

This book can help anyone who is a highly sensitive person find out if their job is the right one for them, learn how to make their opinions heard and valued, protect themselves from bullies. It could also be a useful tool for managers and others in leadership roles. Currently experts estimate that 20% of the population is a highly sensitive person. They are often introverts but there are some extroverted highly sensitive people too.

After a co-worker loaned me her copy of Elaine Aron's book, I realized that I am a highly sensitive person and that can be a good thing. I picked up this title, from the State Library collection to see what insights and tips it could provide me. I knew that library work has given me great opportunities to help others find information and resources they needed as well as a new favorite author. This book helped me realize why, though I loved helping people and working at the public library, I needed a change. The quieter atmosphere and the great reference staff team at the State Library has reduced my stress and made me look forward to going to work each day again.

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### **Kim says**

I'm sharing a quote from this book, which I found to be incredibly practical and philosophical at the same time, which is rare.

"No book can tell you how to find your way: it can at best catalyze and awaken the way within you. You can paint by numbers, but you'll never produce a masterpiece like that. A masterpiece requires the soul and inspiration of an artist. To paint the masterpiece of your life, you need more than forms and systems. You need a heroic commitment to your best self. Born in your heart, tempered by your head, shaped with your hands, and walked with your own two feet, your life's work is your special gift for mankind" (p.220).

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### **Susan says**

So glad that I finally "kind of" finished this book. I skipped through half of it because it was boring me to death. One thing this book helped me with? Realizing that this will be the last self help book I will ever read. I really do despise them. Such useless, negative information.

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### **Hugo Demets says**

Dit is een boek dat je zeker moet lezen als je, zoals zo veel HSP's, het werk moeilijk tot onmogelijk is. Het heeft wel een typisch Amerikaanse schrijfstijl, wat betekent dat er veel zinnen gebruikt worden om dezelfde ideeën uit te leggen. Ik maakte er zelf een samenvatting van, en ik vond het een prima boek, dat ook in het Nederlands vertaald is.

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### **Anne says**

I flipped through this fairly quickly over a few days and discovered that I am no longer an HSP! Yay! I am now a NSP (normally sensitive person). Or maybe I'm an HSP who has grown a thicker skin....yes that's it. Anyway, most of the book didn't really apply to me; it would have been more relevant to me earlier in my career, when I was younger. I would have given it a higher rating back then. Right now I need career books that are more next-level....still searching.....

BUT for anyone who is an HSP and hasn't been exposed to these ideas yet, this could be a very helpful book.

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### **Jennifer says**

I got some good information out of this book but there were certain parts that got pretty boring. Because of that I only gave it three stars.

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### **Laurel Bradshaw says**

From the back cover:

If you feel drained and debilitated at work, or your work doesn't fulfill your creativity, you may be among the 20 percent of the population who are overwhelmed by job pressures. The Highly Sensitive Person (HSP)

is often intelligent, imaginative, empathetic, and hyper-aware of surroundings. This sensitivity is part of being passionate about work. But it can also make being in the work force a painful trial.

Based on cutting-edge research and extensive interviews with hundreds of HSPs, Dr. Barrie Jaeger tackles the problems and issues highly sensitive people face--including feeling overwhelmed by work pressures, overstimulation in the workplace, and lack of confidence. Building on the groundbreaking national bestseller, *The Highly Sensitive Person*, she explains why traditional work doesn't work for you--and what you can do about it. Dr. Jaeger provides proven strategies to find work you can embrace, not just endure, including:

- \* Identifying particular aspects of any job that contribute to unhappiness
- \* Avoiding certain jobs that don't work for HSPs and what to do to get out
- \* Finding your true calling--and how to let a calling find you--and discovering work that brings joy, creativity, and the greatest level of satisfaction.

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

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### **Megan says**

her most interesting point was that you need to become yourself and your calling will find you. yes, it's that vague, but I suppose good advice. not as much practical, concrete steps to take, but nice read to feel comforted about the struggles HSPs face in the work place on a regular basis. gave words to my pain of work, ie drudgery, and helped inspire to change and fit better suited work for me. author is very sympathetic to HSPs, which is nice to read for a few pages but can also make reader feel coddled.

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### **Susan says**

Now it all makes sense. Avoid Drudgery

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### **Sheyna Galyan says**

I would really have liked to read more about HSPs and self-employment. Maybe a second book?

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### **Chantelle says**

Decent book, but expected more "real life" tips for those of us unable to make the leap to self-employment.

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### **Elaine says**

I was disappointed with this book. I felt that the author had some important things to say but had a really hard time conveying them. He used a lot of long winded metaphors and talking in circles which seemed to go nowhere and would make suggestions but not fully explain them. For example, in chapter 4 he presents a figure of a daily log idea which seems helpful but no description or tips for using it. His whole book was based on the concept of three types of work Drudgery, craft, and calling, but these concepts seem very abstract and the chapters which delve most deeply in them are some of the worst in the book. The best chapters were 2 and 7. In Chapter 2 the author explains why HSPs tend to pick jobs which are bad for them, and Chapter 7 presents 6 lessons to improving work for HSPs.

In this opinion this is the type of book you might want to flip through and skim quickly in a bookstore or library, but not worth buying or owning as a reference.

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### **Emily says**

Don't judge me for reading this. Actually, judge away because I found this book quite helpful. I fit the profile of a 'Highly Sensitive Person' to a tee and have been unhappy in every job I've ever had. I read this weeks after having been forced to resign from a job that made me very unhappy (to the point it was affecting my physical/mental/emotional/spiritual health) and as I have been preparing to start a job that is effectively one step away from being self-employed.

When I was in grad school my adviser told me that I'm incredibly bright and think and feel more deeply than most of my peers which would either make or break my social work career. On one hand I have an enormous capacity for empathy and compassion however on the other hand, 40 hours of work per week drains my soul. Not to mention bullshit bureaucracies and paperwork.

It's nice to know that I'm not crazy for having so many fucking feelings and to be able to maybe start identifying ways to trust my intuition.

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### **Maria Ramos says**

Other reviewers on Amazon said that this book was short on solutions, that is, how to find the particular work that suits a highly sensitive person. I would agree with this--there was no methodology offered for figuring this out for yourself. However, I found the framework of her ideas very useful. I found myself completely described, from the need for an emotionally supportive workplace, the need for stimulation but not too much. That every few years, I lose interest in what I am doing and have to change it somehow. That I see all sides of an issue. That I have had a lot of trouble sticking up for myself in the workplace. And it's very nice to be able to recognize all these things and accept them as part of your personality and not something to change. I had done most of that personal work already, but it was helpful to see all of the characteristics together and the picture it painted. For instance, it affirmed my belief that it's a waste of my energy to do battle with these very basic things about my personality--the key is getting into a place where there are enough of the things that I need to prosper.

And it helped me see that while I like some aspects of my current profession, it is not a calling and highly

sensitive people are usually dissatisfied until they find their calling. Now, finding the calling or finding a calling where you can get paid sufficiently, the book offered no help in this direction. It's really not surprising though, that is such an individual thing.

The book also supported what I have suspected: that if I want to stay self-employed, it would be necessary for me to evolve and change the business as I found what I liked and didn't like. Highly sensitive people have a tendency to stay with work they don't like (drudgery) because they find it difficult to say no, do things for themselves, etc.

A worthwhile read if any of the above applies to you.

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