



# Upptack Kansligheten: Din gömda kraft

*Ihrén Abrahamsson*

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Är du en av dem som funderat över varför du reagerade så stark när du mötte en viss person eller besökte ett speciellt ställe när ingen annan verkade märka något? Eller har du blivit arg på dig själv för att du så lätt blivit sårad och sedan lovat dig själv att det aldrig ska ske igen? I så fall kan det hända att du lever med en högre känslighet än de flesta andra människor gör. Det är här är varken en diagnos eller något som måste förändras på något sätt. Istället är det något som måste erkännas, accepteras och uppskattas. Den här boken ger dig mycket information och skapar klarhet i vad det innebär att vara en högekänslig person. Du får ta del av viktigt information ifrån världskända experter på området känslighet. Det finns en kraft inom dig som heter känslighet - och du kan lära dig att använda den!

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