

Living with **Intensity**



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Susan Daniels and

Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children, Adolescents, and Adults



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Gifted children and adults are often misunderstood. This source describes these overexcitabilities and strategies for dealing with kids and adults who are encountering them, and essential information regarding Dabrowski's Theory of Positive Disintegration. Their enthusiasm is viewed as excessive, their high energy as hyperactivity, their persistence as nagging, their creativity as not paying attention, their passion to be disruptive, their strong emotions and sensitivity as immaturity, their imagination and self-directedness as oppositional. Learn practical options for nurturing sensitivity, intensity, perfectionism, plus much more.



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MUST Go through for Gifted Adults As a kid, I was tested as having an IQ in the profoundly gifted range. I've never felt particularly smart, though - and at some level, I was convinced that my parents just didn't understand the test outcomes. From my perspective, I don't believe that I learn and understand more easily than others. I have always sensed like I was just more motivated than other people.... As a result, I've accomplished a lot of things in my life and have performed well in sports, etc. Each and every time I talk to a stranger, I afterwards repeat the discussion in my own head, thinking of everything I said that were embarrassing, or lamenting that I talked too much or that I took the situation too significantly. Please, write more, Ms. and lastly, this book gave me the answers..In recent years, I have developed extreme sociable anxiety... This book is pretty cool if you and/or loved ones This book is pretty cool if you and/or loved ones, friends and family are very bright and/or creative but at some point someone felt that someone had been very emotional - whether just having a surprisingly strong emotional reaction to something or seeming as an intense and sensitive person. Considering how I appear externally, you would think that I feel good on the inside. Personally i think therefore ashamed that I vow never to talk to anyone ever again, but eventually I do and the cycle repeats.Now this publication. I can't put it down, and I'm re-reading it This book has had a profound influence on me. You might purchase this book, as I did so, so that they can both better parent your intense, gifted child also to help provide him a framework to comprehend himself. I've come to another whole level of acceptance with myself because of reading this book... With Love, Lisa VERY INSIGHTFUL Great book to find yourself in the topic without prior medical/mental knowledge.. Very useful about the different psychological intensities that gifted children can have. I trust them.. My son has marked up this book completely. I function harder and I treatment more about the things I do.. It could provide some insight and context to those that didn't understand. How would I clarify what is incorrect with me? As a person who bought this publication to greatly help understand myself, that is by far one that describes my intense experiences exactly, and I've examine a LOT. She was a gifted kid herself and may identify with his emotions....If any of these encounters resonate with you, please please please browse this book. Wait. How did stories about me enter this book?. It isn't written like a Malcolm Gladwell nor Leonard Sax reserve . In my case, as it happens, the intense little apple does not fall definately not the intense little tree and this book changed my entire way of looking at my past, present, and future self. No matter what I say or do, it always seems incorrect. I had no proven fact that this quality is normal in individuals who are exceptionally shiny and creative and is not "just crazy females". but who would I go to? I recommend this book those that would describe themselves in this .. Ugh. I am only 1/3 of the way through this reserve, and I'm totally, completely moved by it's overall message. How would they actually begin to greatly help me? This information is very helpful for parents, clinicians, and specifically those who would describe themselves as "extreme". I originally bought this reserve as a parenting resource, but instead, I cried reading the first two chapters as I remembered each time in my lifestyle that people have explained that I am too sensitive, I talk too much, I talk as well fast. I actually visited sleep hugging this reserve to my heart a few nights ago. Many thanks, Susan Daniels, and other people who helped in this heartfelt endeavor, for skillfully and lovingly conveying this unique, important, and profoundly misunderstood explanation of the human experience. I recommend this book those that would describe themselves in this manner. But, in fact.Daniels. I am your biggest supporter. Regardless of what I do, I am simply TOO MUCH. A bit lengthy and scholar at times (written by a PhD. When I confide in loved ones about the way Personally i think, they tell me that I will see a psychologist.. Plenty of substance and a very moderate degree of "tales" to illustrate the take aways.), but palatable for the non-initiated. She felt and delt with them inside while he tasks whatever he is feeling externally. Bipolar? or Gifted? I do want help. He says that it explains to him why he was usually so concerned about war photos on Television as child therefore much more. It offers helped him better understand his intense feelings an concerns and to channel them into constructive choices as a grown-up... Yes, I'm reading it to

greatly help my students, however the deep insights into human development, regarding to Dabrowski's theories, resonate deeply with me. As an educational therapist, this publication gives me a lot more information on how to relate to the inner world(s) of my college students. A book to read I ordered 4 books to become informed on the intensity of gifted children. Five Stars Very useful. I underlined and started web pages I wanted his mother to read. I've spent a great deal of time researching these questions. Definitely and "intense" book. All four of the books I ordered, Raising a Gifted Child, Parenting a gifted kid and this book might have been written for my grandson. It's dull and reads like a dry medical analysis paper. Essential read for parents of gifted kids. Five Stars A book filled with great information. Poorly written & dull -- yet informative. Sadly, this is a very hard book to get through. It helped me cope with my feelings of frustration when dealing with him.. Don't be surprised, however, in the event that you come aside after reading it with a completely new lens for understanding your very own childhood experiences.. yet you keep with a few pointers to assist you in helping navigate the world on intense and gifted kids. it's hard to check out, it's hard for connecting . He says it's the best publication ever for a gifted child!.. Their strength mirrors ADHD in fact it is very easy to reduce patience with them. Love it Extremely helpful and informative. Love this book Love this book.. A whole new method of looking at giftedness and sensitivity Fascinating.



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