Elaine Aron is a highly sensitive person herself. Dr. Aron divides her time between San Francisco and New York. Dr. Aron received her doctorate in human development from the University of California at Berkeley in 1975. Dr. Aron has published 10 books, including The Highly Sensitive Person, The Highly Sensitive Child, and The Highly Sensitive Parent.

Elaine Aron, Ph.D. is a psychotherapist, workshop leader, researcher, and highly sensitive person herself. She is the author of The Highly Sensitive Person, The Highly Sensitive Child, The Highly Sensitive Parent, and The Highly Sensitive Person's Workbook.

The Highly Sensitive Person (1996) is a book by Elaine Aron, a clinical psychologist and researcher. The book explores the characteristics of highly sensitive people (HSPs), who are estimated to make up 20% of the population. HSPs are characterized by being more attuned to their environment and more emotionally reactive than others. The book provides strategies for building confidence, combating stress, and finding work that is fulfilling. The book also discusses how HSPs can thrive in relationships and careers.

The Highly Sensitive Person in Love (2003) is another book by Dr. Aron, which explores the challenges and opportunities that highly sensitive people face in romantic relationships. The book offers practical advice on how to navigate interpersonal dynamics and improve emotional intimacy.

The Highly Sensitive Child (2006) is a book that addresses the needs of highly sensitive children. The book offers strategies for parents to help their children manage their heightened sensitivities and develop coping skills.

The Highly Sensitive Parent (2008) is a book that provides guidance for parents of highly sensitive children. The book offers strategies for parents to help their children thrive in a world that is often overwhelming.

The book reviews and critiques are generally positive, with many reviewers praising Dr. Aron's approachable style and the practical advice she offers. However, some reviewers have noted that the book may not be helpful for all highly sensitive people, depending on their individual needs and circumstances.

Elaine Aron's work has been influential in raising awareness about the experiences of highly sensitive people and providing support and resources for those who identify as HSPs. Her books have been widely read and have been translated into multiple languages.