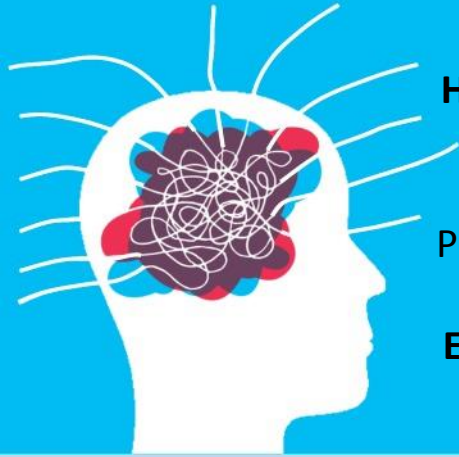


YOU PROBABLY KNOW THESE KIDS.



HIGHLY SENSITIVE PEOPLE HAVE A TRAIT THAT INVOLVES NEURO-PROCESSING RESULTING IN MENTAL, PHYSICAL AND EMOTIONAL CHALLENGES

The research of Dr. Elaine Aaron and collaborating scientists concludes that +/- 20% of the population are Highly Sensitive.



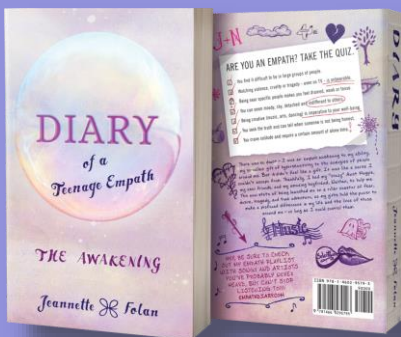
U.S. HIGH SCHOOL POPULATION OF 4 MILLION = 800,000 HIGHLY SENSITIVE HIGH SCHOOL STUDENTS



Moodiness, depression, social anxieties, fatigue, digestive problems. Adverse to confrontation, loud places, and crowds. Easily bored & distracted. Suppressed by rules and routine. Requires solitude and down time. Needs creative outlets.



DIARY OF A TEENAGE EMPATH



Engaging novel that weaves practical tools and information for highly sensitive teens into a relatable story.



Workbook designed for after-school club setting with data, group discussions and exercises in multi-media format.

FOR MORE INFORMATION ABOUT GETTING THE WORKBOOK TO YOUR HIGHLY SENSITIVE STUDENTS, CONTACT JEANNETTE FOLAN: authorjfolan@empathdiary.com