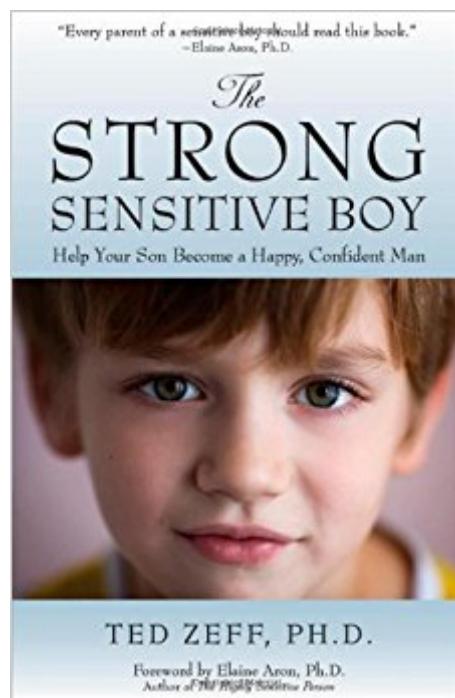


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# The Strong, Sensitive Boy



## **Synopsis**

Does your son tend to be disturbed by loud noises, violence, and crowds, fearful of new situations, easily hurt by criticism, or hesitant about playing aggressive games? Your son may be one of the 20 percent of all boys with a finely tuned nervous system. Our sensitive boys tend to be creative, kind, and gentle, appreciating beauty and feeling love deeply. Therefore, it's particularly challenging for sensitive boys to grow up in a culture where boys are taught to act tough, aggressive, and unemotional. In this groundbreaking book, psychologist Ted Zeff explores the unique challenges of sensitive boys, showing parents, educators, and mentors how to help sensitive boys grow into strong, happy, and confident men. Dr. Zeff offers practical advice on how to help your son increase his self-esteem and thrive in the family, at school, with friends, and in sports. From the Publisher: This book is also important for sensitive men to read to help them heal their childhood wounds, learn how to navigate through our aggressive, overstimulating world, and accept themselves as sensitive men. This book is helpful for sensitive women since how society treats sensitive men deeply affects highly sensitive women--and all women close to sensitive males.

## **Book Information**

Paperback: 200 pages

Publisher: Prana Publishing (May 3, 2010)

Language: English

ISBN-10: 0966074521

ISBN-13: 978-0966074529

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (50 customer reviews)

Best Sellers Rank: #37,966 in Books (See Top 100 in Books) #42 inÂ  Books > Parenting & Relationships > Parenting > Parenting Boys

## **Customer Reviews**

Let me start by saying that I, myself, am a 19 year old boy who knew there was "something wrong" with me for as long as I can remember. I have always been artistically inclined and deeply moved by emotions I always kept hidden. My parents weren't the most supportive and I really didn't "bond" with either one of them. I decided to move out of the toxic environment that is my house and through some self-realization and self-healing I decided to order the book "The Strong, Sensitive Boy." I actually found it while browsing for other books and it caught my attention. Since I knew that

I have always been a sensitive boy, I figured why not? This book has changed my life. I think this is perhaps the only book that truly helped me find myself. After reading it, I realized that I have been lying to myself all these years pretending to be something I am not. Now, as a 19 year old college student, after so many years, I have finally found myself. This book is a great healing book for those sensitive boys whose wounds were invisible to everyone else. I have never had a problem discussing my emotions with true friends who care about me and this is why I am not ashamed to recommend this book for any guy who grew up putting up a persona that the world would approve of instead of the who they truly are. If you are a parent: Please don't belittle your sensitive son or daughter, for that matter. Take it from someone who suffered emotional and physical abuse from his parents, the wounds are real and will haunt him a lifetime. It is your job as a parent to protect him in a world in which he will most likely find himself alone. And if you are a dad, well...the only thing I can say is that you should love your son for who he is, not who you want him to be.

I purchased this book after reading The Highly Sensitive Person (HSP) by Elaine Aron. My feedback will be different from many other reviewers as I have a highly sensitive son, but I am an HSP myself, so are my father and my paternal grandmother. There seems to be strongly hereditary character in our family, even if only one child is HSP at each generation. One of the first things that surprised me in the book is that the examples of HSP's chosen are overwhelmingly of isolated cases within their family. There isn't any story about an HSP family. All four of us also happen to be exceptionally gifted, and in my case an Aspie too. I am a northern European, not an American. The author likes to repeat Elaine Aron's impression that HSP's have a harder time in North American culture than in Europe or Asia, but that is not true. I did suffer a lot from bullying in elementary school (less after puberty) because of my high sensitivity. I noticed early on that there was often - though not always - a correlation between higher intelligence and higher sensitivity. It was also the case in my family. All the high IQ individuals were HSP's, and the others were neither. In my case it was my mother who never understood my heightened sensitivity. I disagreed a lot with the author in the first chapters of the book and generally disagree with his approach. Although I recognize my childhood in many of his descriptions, I find his recommendations to be impractical (how many parents can afford homeschooling?) or ineffective (see below about bullies), either because I have tried them or because I know they cannot be implemented in many cases. I will share my remarks chapter by chapter.

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