



# Stop The Madness: How the Highly Sensitive Person Can Thrive in a Chaotic World

*Johnnie M Urban*

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## **Stop The Madness: How the Highly Sensitive Person Can Thrive in a Chaotic World** Johnnie M Urban

In this book you will understand what it is, and what it is not, to be Highly Sensitive. Stop The Madness of: Overwhelm & Scatteredness Fear of the Unknown Doubt, Worry Not Feeling Good Enough Feeling Unfulfilled Disconnected to Your Purpose Emotional Mood Swings Stop The Madness was written for you by a Highly Sensitive Person (HSP) who gets you. Stop The Madness of: Overwhelm & Scatteredness Fear of the Unknown Doubt, Worry Not Feeling Good Enough Feeling Unfulfilled Disconnected to Your Purpose Emotional Mood Swings Did you know there are ways to shift these highly sensitive 'challenges' into strengths? Be able live and thrive in the chaotic crisis driven world so that you can be thriving and at peace in the chaos? In this book you will find: \*Practical insights and real stories about how high sensitivity affects both work and personal relationships. \*Never before seen, The Six Human Needs and how they effect the HSP. \*A Christian perspective with helpful insights and exercises. \*Techniques to empower your soul and spiritual life and the importance of Spiritual faith \*Real life solutions and tips. \*How re-framing life experiences changes everything. \*The importance of nutrition and wellness. **BONUS;** with proof of purchase, sent to [info@wonderfullifelearning.com](mailto:info@wonderfullifelearning.com), you will receive a downloadable journal workbook created to compliment and enhance what you learn from the book. It is chock full of Inspirations and beautiful art. Plus a few comical illustrations for laughs. "Invaluable, life changing!! A must read for those who are, and those who live with a Highly Sensitive Person. Johnnie Marie Urban addresses the situation with insightful perfection!" -Lynn Kay Johnnie M. Urban is an author, speaker and specialist Coaching the Highly Sensitive Person how to navigate their world. Certified Master Life & Business Success Coach. MNLP, MHT. MTT. Strategic Interventionist. Wife, Mother, Grandma, friend and a Highly Sensitive Person. Founder and CEO of Wonderful Life Learning Company. Wonderful Life Learning is a Christian based Life Success Coaching & Consulting Company. This is where people-just like you-come to uncover, explore & learn what your true talents and abilities are so that you can tap into your potential for success. [www.WonderfulLifeLearning.com](http://www.WonderfulLifeLearning.com) [Info@WonderfulLifeLearning.com](mailto:Info@WonderfulLifeLearning.com)

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