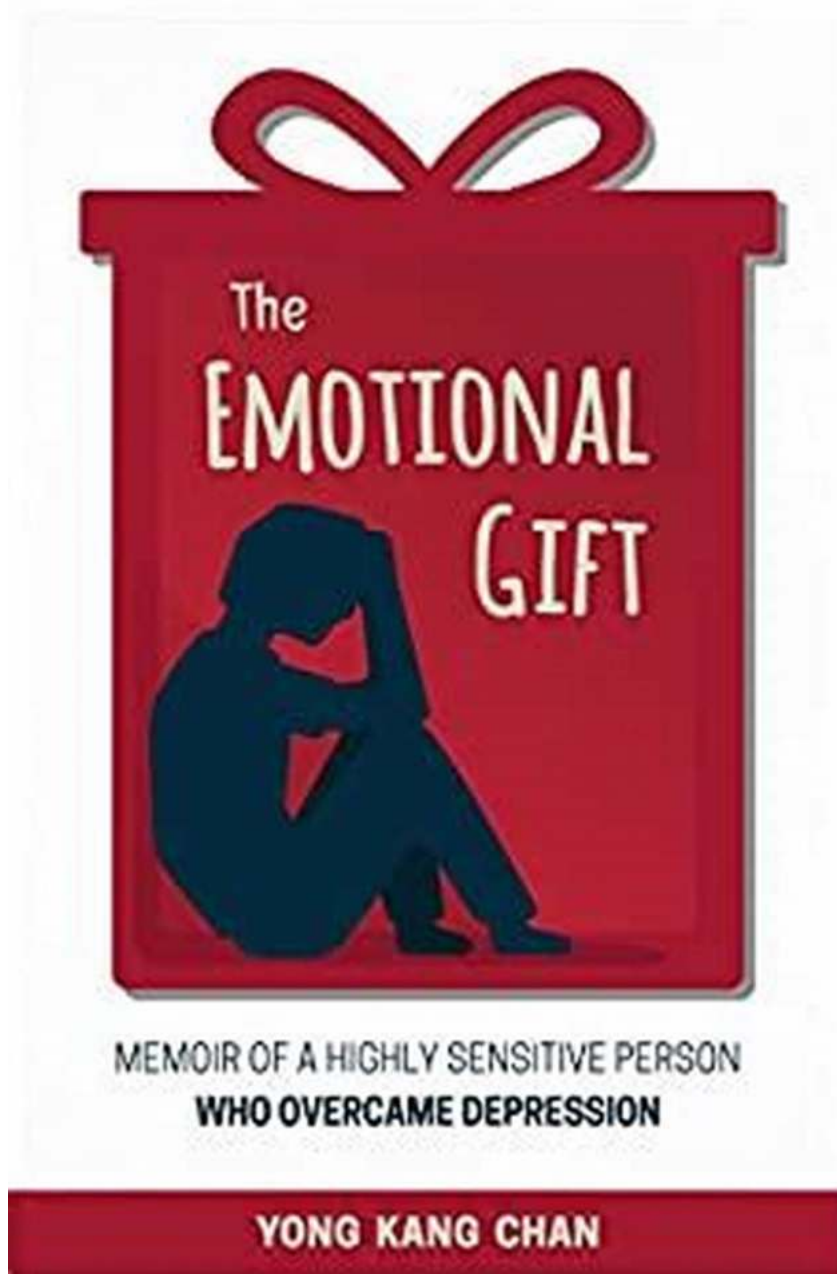


# Memoir Of Highly Sensitive Person Who Overcame Depression

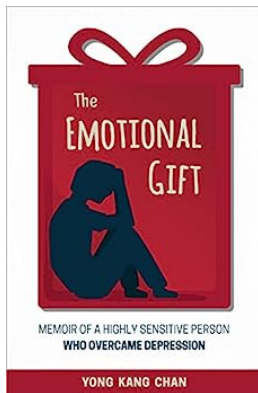


For years, people with high sensitivity have been misunderstood and labeled as overly emotional or weak. However, the reality is that being a highly sensitive person (HSP) comes with its own set of challenges and strengths. In this memoir, we delve into the life of a highly sensitive person who not only battled with

depression but also managed to overcome it, emerging stronger than ever before.

## Understanding High Sensitivity

High sensitivity is not simply a matter of being more emotional than the average person. It is a neurological trait that affects around 20% of the population. Highly sensitive people have a more finely tuned nervous system, which means they process sensory information more deeply and are more susceptible to external stimuli such as harsh lights, loud noises, or strong smells.



### The Emotional Gift: Memoir of a Highly Sensitive Person Who Overcame Depression

by Yong Kang Chan (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 1212 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 124 pages

Lending : Enabled



Living in a world that often undervalues sensitivity, HSPs can easily become overwhelmed by the constant barrage of stimuli. This constant state of hyperawareness can lead to heightened emotional responses, including anxiety and depression.

## A Personal Journey

In this memoir, we follow the life of Jane, a highly sensitive person who struggled with depression from a young age. Jane takes us through her childhood experiences, where she often felt different and misunderstood. We witness how her heightened sensitivity made her more susceptible to bullying and criticism.

Jane's memoir takes us through the lowest points of her life, as depression took a hold of her. She vividly describes the immense sadness, the feeling of hopelessness, and the debilitating impact it had on her ability to function in daily life. The raw emotions and detailed accounts of her worst moments create a sense of empathy and understanding from the readers.

## **Overcoming Depression**

Amidst the darkness, Jane decided that she couldn't let depression define her. She sought professional help and discovered various techniques to manage her sensitivity and cope with her emotions. In her memoir, Jane shares the different strategies she adopted, including therapy, meditation, and self-care practices.

Throughout the book, Jane explores her journey towards self-acceptance and self-love. She learns to embrace her sensitivity as a strength rather than a weakness, allowing her to channel her emotions into creative outlets, such as painting and writing.

The memoir is also an inspiring account of the power of community and support. Jane delves into the importance of finding a network of like-minded individuals who understand and validate her experiences as a highly sensitive person.

## **Lessons Learned**

As Jane reflects on her path towards overcoming depression, she shares valuable insights and lessons learned. Her memoir serves as a guiding light for

other highly sensitive individuals who may be facing the same challenges.

One central theme is the need for self-care. Jane emphasizes the importance of setting boundaries, practicing self-compassion, and engaging in activities that nourish the soul. By prioritizing self-care, Jane was able to rebuild her life and find happiness.

Another lesson highlighted in the memoir is the power of vulnerability. Jane opens up about the initial fear she had in sharing her highly sensitive nature with others. However, as she began to embrace her vulnerability, she discovered that it not only strengthened her relationships but also allowed her to connect with others on a deeper level.

## **A Message of Hope**

This memoir is ultimately a message of hope for all highly sensitive individuals battling with depression. It serves as a reminder that despite the hardships and challenges faced, there is a path towards healing and resilience.

The vivid storytelling, combined with the honest portrayal of Jane's journey, creates a captivating memoir that resonates with readers. The memoir offers relatable experiences, advice, and encouragement, making it a valuable resource for anyone struggling with their mental health as a highly sensitive person.

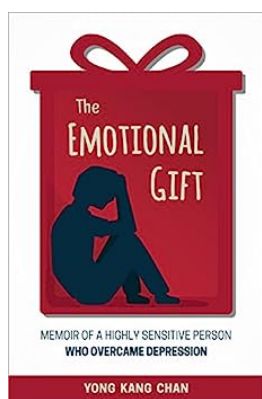
## **In**

Through Jane's memoir, we gain a deeper understanding of what it means to be a highly sensitive person and the unique struggles they face. It sheds light on the importance of acknowledging and embracing one's sensitivity, and the transformative power of overcoming depression.

This memoir is a triumph of the human spirit, showcasing the strength and resilience of highly sensitive individuals. It inspires readers to embrace their sensitivity, seek support, and work towards their own personal healing and growth.

Author: [Your Name]

Published on: [Date]



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### **Are you stuck with a painful experience and can't move on? What if depression is a gift and not suffering?**

At the age of 31, Yong Kang Chan was left with no job, no income, and most important of all, no identity and purpose in life. He thought having a job in an animation studio would lead him to the right career path. But an unexpected turn of shocking events led him to existential crisis and depression.

Those two months of darkness was scary. He couldn't cope with the emotional

pain and even contemplated dying. However, he soon realized depression was a spiritual gift and embraced it. He believed he had depression for a reason.

**“I experienced depression so I could write about it and share the lessons I learned.”**

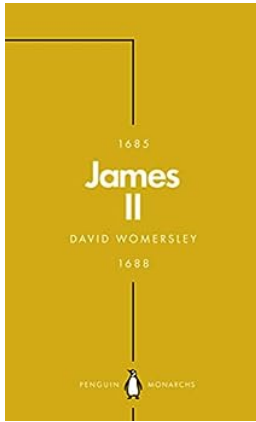
Depression had taught him important lessons about being a highly sensitive person (HSP) and empath. While overcoming depression, he learned the importance of self-care and setting boundaries with a narcissist. He also learned how to:

- Let go of the past and his emotional pain
- Embrace all feelings
- Reconcile between anger and empathy
- Deal with anger
- Love and accept one’s unique personality
- Trust one’s intuition and empathic gift
- Acknowledge shame and be vulnerable
- Let go of the need for approval

Above all, Yong Kang found new meaning in life and a career as a writer.

The best way to accept a gift is to accept and be thankful. Are you ready to accept this gift?

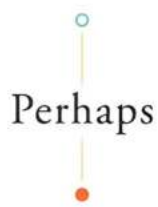
**[Scroll to the top of the page and get a copy of The Emotional Gift now!](#)**



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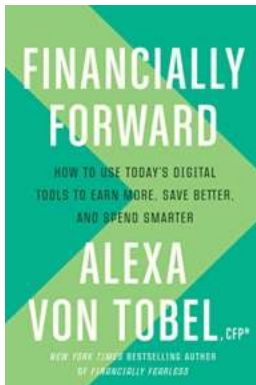
JOSHUA M. McNALL



## Perhaps Reclaiming The Space Between Doubt And Dogmatism

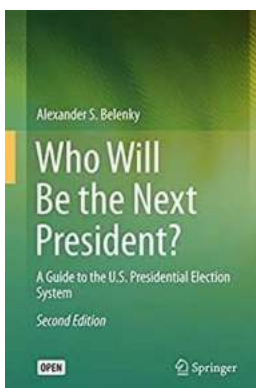
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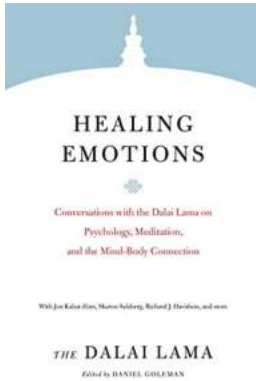
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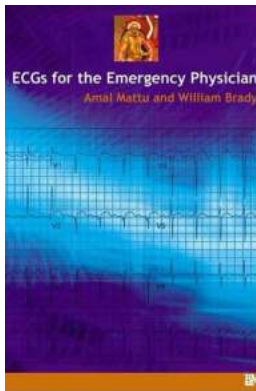
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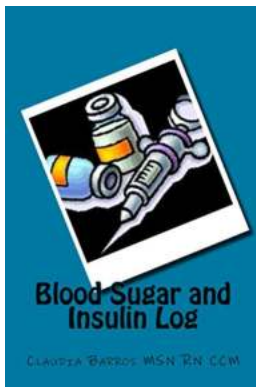
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