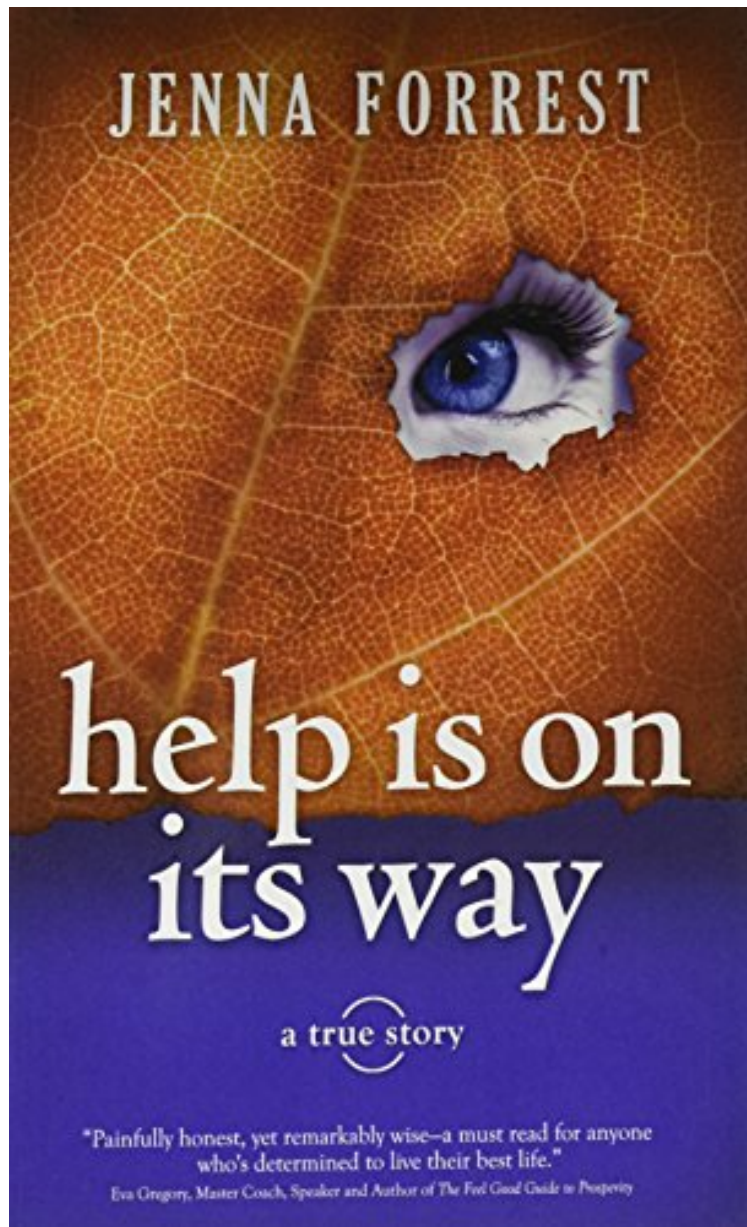


[Download pdf] Help Is On Its Way: A Memoir About Growing Up Sensitive

Help Is On Its Way: A Memoir About Growing Up Sensitive

Jenna Forrest

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Jenna Forrest : Help Is On Its Way: A Memoir About Growing Up Sensitive before purchasing it in order to gauge whether or not it would be worth my time, and all praised Help Is On Its Way: A Memoir About Growing Up Sensitive:

5 of 5 people found the following review helpful. I did not read this book; I DRANK it By BDI hope this book is only

among the first in a long line of readable, enjoyable books for sensitive people. For me, it was such a welcome relief to finally find an artfully told story about what it's like to grow up as a Highly Sensitive Empath. Those of us who know this "condition" spent our childhoods feeling bewildered and overwhelmed by strong emotions, dark thoughts, loneliness, fiery imaginations and a vast and visionary worldview that was not usually shared by those surrounding us. We are lucky if we have ONE person who can mirror and support us through childhood. Most of us (at least those of us in earlier generations) did not have a supportive mirror and we ended up deciding that there must be something terribly wrong with us. This could not be farther from the truth. At last, Help IS on it's way, as we are shown in this book, the beauty and gifts that sensitives have to offer the world. We can begin to feel good about ourselves and find the inner strength to offer those gifts. For me, Jenna's book was a wonderful way to begin accepting and loving my own sensitive nature after a lifetime of harshly rejecting it. I tried desperately to fit in by being tough...all the while, suffering immensely and abusing myself and others. By reading her book I was able to get in touch with parts of my own nature that I had long buried: the sweet, open, loving, soft childlike part of myself that loved the world so much and only wanted to see the final end of suffering for all Being. Buried in years of self-rejection, unworthiness and self-hatred, I had lost my connection to my gentle inner core. While Jenna's story is not exactly the same as mine, it was close enough to help me start feeling less alone. Any differences I saw in our respective stories also helped me grieve longed-for experiences that never came. After many years of reading spiritual books, they started seeming dry, boring and way too mind-oriented for me...so I stopped reading. I wasn't sure I would ever read again. This is the first book I read with gusto and enjoyment in about 6 years. I was captivated right away I enjoyed it cover to cover...even crying at the end. I would gladly drink up more of this if I could!

1 of 1 people found the following review helpful. Brave, resourceful, sensitive souls
By Bonnie L. Collins
Jenna's book is an eye-opener for those who are or who know a Highly Sensitive Person (HSP). Her "eruptive emotions of distressed tears, break forth almost daily." Jenna Forrest eloquently shows the fragile state of a HSP, who is dropped into an undependable, harsh and 'too loud' world; into the life of young parents who undoubtedly struggle with their own brokenness; and who don't know how to handle their own lives. This is a rare book as it gives a deep look into the mind of a child who is gifted with both great intellect and soulful sensitivity. You want to think that such child would have a better life, "protected the way parents should make you feel." Instead, in almost every corner of life from home, to school and to social interactions, one senses her distress. When parents are stretched to their limits, and perhaps broken themselves, it leaves children vulnerable, especially those having HSP. Children suffer from feelings of aloneness, grief and abandonment. Brave, resourceful and sensitive souls are often able to find their own courage as Jenna does in her story. She is wise beyond her years. New threads are shown to me each time I read this important, evocative, memoir. A little book full of pearls and treasures, it can help families see life from a HS Soul's perspective; this 'look' can offer healing to those ready to see and to listen. Then perhaps parents can plan to take action, be it through visits to a therapist, doing 12-step, and/or spiritual work, or engaging in other healing work in order to be more present for their child and her needs. This book comes highly recommended from a parent, and fellow memoirist, Bonnie L. Collins.

3 of 3 people found the following review helpful. Must read for sensitives seeking answers
By Celeste
I found this book purely by luck and I am so grateful I did. Jenna Forrest bravely tells her story as a sensitive child learning to cope with this overwhelming gift. I personally was deeply affected by this book and found it reaffirmed many of my own experiences. I also appreciated how it provided guidance in an unassuming way that was still deeply moving. Her writing was poignant and lovely. I found it difficult to put down and regrettably, finished it quickly. I was instantly drawn into each life experience, which painted a rich picture full of vibrant colors, smells, and sensations. I am so thankful that she had the courage to share her story and honestly represent the life of a sensitive. Yet, she admits that words can never truly describe it.

Confused by her ability to feel other people's feelings, highly sensitive Jenna comforts herself by rescuing dead animals and escaping from elementary school. When her parents divorce, her mentally ill grandmother moves in and her sensitive uncle commits suicide. After the funeral, Jenna begins to read the messages coming in through her senses more clearly, as comforting guidance and premonitions about love, life, people and the planet. This is a decade-long journey of a girl whose nervous system is intricately developed, leading to sensory highs and emotional lows. Every secret thought and fear of this sensitive child (ages 6-17) is revealed here. Since 15-20% of kids and adults have the trait of high sensitivity, this perspective needs to be heard. The story addresses a sensitive child/teen's anxiety, sadness, courage, and urgent desire to do good things for the world. Edited by Emmy Award winner Molly McKitterick. Endorsed by Psychologist Elaine Aron and Author, Coach Eva Gregory.

About the Author
Jenna Forrest is a transformational life coach and teacher of profound healing, inner peace, higher consciousness, and life transformation.