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Highly Sensitive & In Love

Discover Your High Potential for Love

Author: Elodie Crépel

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Discover all the keys to understanding your potential for sensitivity, exercises for getting to know yourself and loving yourself better, and advice for building strong relationships.

Because their brains work differently from those of so-called “normal” people, highly sensitive people move forward in love guided by their hearts. Gifted with heightened empathy and emotional reactivity, they, like neurodivergent people (autistic, ADHD...), experience love differently—especially when two such people discover a consuming passion. Love between two people with a high emotional potential is always more intense, richer, but also more difficult. So, how can we form couples with such people and live a fulfilling love relationship? Based on the latest studies in neuroscience, psychoanalyst Élodie Crépel tries to address the issues specific to romantic relationships for the highly sensitive and neurodivergent.

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