

Summer 2015 - HSP Highlights & Insights

Summer Greetings from yet another rainy day here in Northern Colorado,

I've finally recovered from my travels in Europe during April and May ... and I certainly learned a lot about foreign travel and being an HSP ! It's great to be home, although we are still waiting on summer here.

Here is the link to my Summer 2015 newsletter, HSP Highlights & Insights. There are lots of pictures and lots of things to share.

<http://www.lifeworkshelp.com/HSP-Newsletter/summer-2015-hsp-highlights-insights/>

Here are the highlights and insights you will find in the link above.

Resources for explaining your HSP Trait to others (includes the **NEW** trailer for the documentary: *Sensitive: The Untold Story* which will be released this summer.

Myers Briggs and Your HSP Trait: Did you know that not *All* HSPs have a strong sense of Intuition? Check out my Summer Teleclass: June 20 & 27

The 29th HSP Gathering Retreat ~ Updates and pictures from Germany, May 7-11, 2015.

News about the 30th and 31st HSP Gathering Retreats - and why NOW might be the time to attend.

Peter Messerschmidt, An HSP Extraordinaire - His Articles; HSP Blog Notes - & His first Experience at an HSP Gathering Retreat

I hope you are finding ways to be out in nature --- one of the most soothing coping mechanisms for our HSP nervous systems (if you plan it just right.)

love,

Jacquelyn