

Summer greetings HSPs around the world !

How are you? I hope you are practicing excellent self care during these sometimes tumultuous and historic times we are living through. I've had to limit exposure to social media and the news ... for obvious reasons.

At least summer here in Colorado provides me with many opportunities to get outside into nature.... where I find great comfort and wisdom. I hope you are able to receive the comforts and wisdom from nature as well...

When you find the time, perhaps you will enjoy reading about a few new HSP Highlights & Insights from the Summer 2016 edition of my newsletter.

<http://www.lifeworkshelp.com/HSP-Newsletter/hsp-highlights-insights-summer-2016/>

Note: Use the "back arrow" to return to the main page after clicking on each new link

- A wonderful new TED talk about HSPs
- Information on the new documentary: Sensitive and In Love
- What to expect and how to sign up for the 32nd HSP Gathering Retreat
  - o Plus a lovely video: How Horses Heal: Stories from the Field
- Memories, photos and comments from the 31st HSP Gathering Retreat
- Two new book reviews:

One: ***Focusing*** by Eugene Gendlin - and a six week opportunity for YOU to learn Focusing

Two: ***High Sensitivity in the Family*** - by Lone Hjorth & Karsten Nielsen plus a lovely video

I would love to see you in Michigan in September

with gratitude and HSP connection,

Jacquelyn

P.S. Yes, there will be 2017 HSP Gathering Retreats -- I'll be announcing the dates and places in October !!