

Living Intensity Understanding Sensitivity Excitability

This book is dedicated to the scholar and academic teacher Franz Monks, who is considered internationally to be one of the most brilliant 'giftedness' researchers. The wide spectrum of his writings and activities is reflected in the number of renowned international scholars who contributed to this unique collection of essays on gifted education as a life-long challenge.

Schools are increasingly diverse in their student population, presenting new challenges for teachers. In light of these challenges, schools remain important in the talent development process. *A Teacher's Guide to Working With Children and Families From Diverse Backgrounds* provides important information and strategies for educators at all levels. The book is written for educators who want all children to thrive in school, including those who are twice-exceptional, those from lower income backgrounds, and others who have been underrepresented in gifted programming.

This second edition provides busy teachers, other educational professionals and parents with user-friendly text and worksheets to enable them to identify and provide provision for The author takes a multi-dimensional view of ability and believes in educating the whole child, with a curriculum of opportunity that provides high-level learning experiences. The book has been updated in view of the developments in the education of gifted and talented children, with particular attention paid to strategies for differentiation, thinking skills and subject-specific enrichment. This book is a practical companion to the author's popular *The Challenge of the Able Child*. By using many photocopiable worksheets and helpful checklists, and always bearing in mind the needs of

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the busy practitioner, this book will be useful for anyone working in this area of education. Teachers, GATCOs, teaching assistants and parents should find the information clear and the suggested strategies rooted in good practice for teaching children of all abilities.

When parents need the most authoritative information on raising gifted kids, they can turn to *Parenting Gifted Children: The Authoritative Guide From the National Association for Gifted Children*, a gifted education Legacy Award winner. This comprehensive guide covers topics such as working with high achievers and young gifted children, acceleration, advocating for talented students, serving as role models and mentors for gifted kids, homeschooling, underachievement, twice-exceptional students, and postsecondary opportunities. The only book of its kind, this guidebook will allow parents to find the support and resources they need to help their children find success in school and beyond. Written by experts in the field of gifted education and sponsored by the leading organization supporting the education of gifted and advanced learners, this book is sure to provide guidance, advice, and support for any parent of gifted children. Texas Association for the Gifted and Talented 2011 Legacy Book Award Winner - Parenting

Kazimierz Dabrowski refers to his view of personality development as the theory of positive disintegration. Dabrowski feels that no growth takes place without previous disintegration. He regards symptoms of anxiety, psychoneurosis, and even some symptoms of psychosis as the signs of the disintegration stage, and therefore not always pathological.

Whenever you say that you're "gifted," people automatically assume it simply means that you think you're smarter than anyone else, or just exceptionally smart. Although being very intelligent is a part of that "gifted" label we give some people,

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it's not the full truth. There is so much more to it. Being gifted is a whole set of qualities, frustrations, traits, characteristics, and situations that accompany an intelligent mind. Being "gifted" sounds as if it is all beneficial, and to a degree, there is a lot you can do with that gift. But if you're really gifted, a certain number of challenges will come your way too. Here are some of those challenges you will read about: - Other people may not understand the fast way you process information and lay connections between one thing and another. This can be frustrating. - Gifted people are often introverted, but being gifted is a certain push or drive that doesn't equal the exact same description of simply being an introvert. It's still different. - A high intelligence quotient has its pros and cons. Certain professions and puzzles can more easily be solved. - If you're gifted, you may be a big perfectionist, feel like you never do enough, and have a high energy that compels you to achieve more and get more done. - Gifted people don't always understand why other people don't think the same way, but surprisingly, they have a lot of empathy, unlike those in the autistic spectrum. They are sensitive to others' feelings and easily sense when something is going wrong. - A long focus, an inner motivation, and a self-regulating, independent work ethic are usually part of being gifted. - Gifted people analyze things to the core, which often helps them figure out things. - You might have a strong sense of justice, which can be really frustrating in a world where evil prevails in every corner. - If you're one of those people who cannot stop thinking and talks really fast when aligning his or her thoughts, this may be a sign of giftedness too. That fast thinking pace is a blessing when you are trying to make progress, but a curse if you're trying to sleep and your head is full of ideas. These are only a few of the many topics discussed in this elaborate guide. There are examples, stories, and relatable explanations of what your brain might

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be like when you're gifted.

NAVIGATE THE EXPERIENCE OF LIVING INTENSELY. Do people sometimes describe you as emotionally intense or oversensitive? Do you often feel overwhelmed or anxious in the fact of a world which is loud, fast-moving and sometimes uncaring? **Understand Emotional Sensitivity** will give you in-depth information about emotional intensity and its overlapping traits, as well as practical advice to help with daily struggles. Written in a friendly and compassionate tone, it has much to reveal about who you are, why you feel the way you do, and how you can be more resilient and reach your full potential. Easy to read, accessible and jargon-free, it will answer questions raised by many emotionally intense individuals: Is there something wrong with me? How does this trait explain my life experiences so far? What can I do right now to better my life and to fulfil my potential? Where can I find others like me? You will: - Understand what it means to live with emotional intensity - Debunk the myths and stereotypes about this trait - Reframe the way you see yourself and to let go of self-limiting beliefs - Identify and liberate your unique potential

ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical, how-to guides covering language learning, lifestyle, hobbies, business, psychology and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning.

Gifted Children is a lively and informative exploration of the mystery of the gifted mind and the social and emotional needs of gifted children and their families. The authors give an insight into what is 'normal' for gifted children, acknowledge the difficulties they experience, and offer pointers for parents on how to support them.

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Gifted kids are so much more than test scores and grades. Still, it's sometimes difficult to see past the potential to the child who may be anxious, lonely, confused, or unsure of what the future might bring. This book, now fully revised with updated information and new survey quotes, offers practical suggestions for addressing the social and emotional needs of gifted students. The authors present ways to advocate for gifted education; help gifted underachievers, perfectionists, and twice-exceptional students; and provide all gifted kids with a safe, supportive learning environment. Complete with engaging stories, strategies, activities, and resources, this book is for anyone committed to helping gifted students thrive. Includes online digital content.

“The most helpful book on childhood anxiety I have ever read.”—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's “security system”: alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by

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finding the balance between outright avoidance and “white-knuckling” through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.”—New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen’s main advice is not to treat it with words but with actions. . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.”—Publishers Weekly “Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children’s confidence. While reading, I found myself thinking, ‘I’d

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like to try that for myself!”—Patty Wipfler, founder and program director, Hand in Hand Parenting “If you want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “*The Opposite of Worry* offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

Exceptionally Gifted Children examines the origin, development and school histories of fifteen Australian children who are amongst the most intellectually gifted young people ever to be identified and studied. The first phase of a longitudinal research project which will trace the children through to adulthood, this book looks in detail at the children's early lives and influences, their families and personal characteristics. More importantly, this book explores the school experiences of the children, the opportunities offered and denied to them and the effects of their early school life on their educational development and how the school environment can affect: * self-esteem * self-concept * motivation * the capacity to find and form friendships * the children's own attitudes towards their abilities and achievements. This fascinating study will be of interest to

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education researchers, those working in special educational needs, and anyone with a particular interest in this field.

Make the most of your creative and intellectual gifts by overcoming the unique challenges they bring with this guide by the author of *Natural Psychology*. Many smart and creative people experience unique challenges as a result of their valuable gifts. These can range from anxiety and over-thinking to mania, depression, and despair. In *Why Smart People Hurt*, creativity coach Dr. Eric Maisel pinpoints these often-devastating challenges and offers solutions based on the groundbreaking principles and practices of natural psychology. Are you still searching for meaning after all these years? Many smart people struggle with reaching for or maintaining success because, after all of the work they put into attaining it, it still seems meaningless. In *Why Smart people Hurt*, Dr. Maisel will teach you how to stop searching for meaning and create it for yourself. In *Why Smart People Hurt*, you will find:

- Evidence that you are not alone in your struggles
- Strategies for coping with a brain that goes into overdrive at the drop of a hat
- Questions that will help you create your own personal roadmap to a calm and meaningful life

Understanding Your Gifted Child From the Inside Out provides an engaging and encouraging look at raising gifted children today. A follow-up to the best-selling *Parenting Gifted Kids: Tips for Raising Happy and Successful Children*, this new edition focuses on the social and emotional aspects of giftedness, highlighting new information on the issues of perfectionism, self-

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advocacy, underachievement, mindfulness, and the impact of technology on gifted kids' relationships. The book also features a section on life beyond college, for those readers whose children are no longer children. *Understanding Your Gifted Child From the Inside Out* features real-life stories about the lives of gifted children and how they and their parents recognize and enjoy the many intellectual talents and social and emotional insights they possess. Texas Association for the Gifted and Talented 2019 Legacy Book Award Winner - Parenting

This comprehensive volume explores the origins, development, and applications for François Gagné's Differentiating Model of Giftedness and Talent (DMGT). In an authoritative yet accessible style, Professor Gagné offers a holistic coverage of the DMGT, including its implications for the field, and its main divergent points with competing theories of talent development. Chapters guide readers through each of the five DMGT components, addressing the diversity of gifts, the contributions of Nature and Nurture, the most important personal qualities, the overemphasized power of outside agents, the key role of chance, and more. Filled with illustrative examples and vignettes from the author's estimable career, this book is the authoritative resource for researchers and students looking to understand the DMGT and its unique role in shaping gifted education as we know it today.

Explaining why certain children are gifted and how giftedness is manifested, each chapter addresses the relevance for children with AD/HD and Asperger

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Syndrome. Lovecky guides parents and professionals through methods of diagnosis and advises on how best to nurture individual needs, positive behaviour and relationships at home and at school.

Ellen Fiedler explores the unique challenges faced by bright and gifted adults through life stages, beginning with age 18 and on through old age. She addresses the needs to belong, for generativity, to contribute to the world, and find some meaning in life when faced with issues of multipotentiality, identity crises, and feelings of isolation.

Gifted children and adults are often misunderstood. Their excitement is viewed as excessive, their high energy as hyperactivity, their persistence as nagging, their imagination as not paying attention, their passion as being disruptive, their strong emotions and sensitivity as immaturity, their creativity and self-directedness as oppositional. This resource describes these overexcitabilities and strategies for dealing with children and adults who are experiencing them, and provides essential information about Dabrowski's Theory of Positive Disintegration. Learn practical methods for nurturing sensitivity, intensity, perfectionism, and much more. Raise a happy, healthy gifted child--practical tools and advice for parents Whether you've known for years your child is gifted or you're just discovering it, it's key to get practical guidance for dealing with the everyday intensity, sensitivities, and perfectionism

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that come with giftedness. *Raising Gifted Children* is filled with essential advice and strategies to help you better understand your gifted child's emotions and behavior--so your whole family can thrive together. Begin with a brief foundational overview of giftedness and discover practical ways to support gifted children in their development at home and in school, including insights on how to recognize when your behaviors are influencing your child. Then take a deep dive into topics surrounding your child's daily life, like procrastination, motivation, conflict resolution, friendships, and schooling. *Raising Gifted Children* includes: **Understanding giftedness**--Learn what defines giftedness and its characteristics, and expand on your knowledge with info about twice- and multi-exceptionality, gifted learner profiles, and more. **Parenting tools**--Get specific parenting advice for gifted families, including how to channel emotional intensity, communicate effectively, and find calm. **Schooling strategies**--Explore advice for choosing the right school for your child, tips for successful teacher meetings, suggestions on how to create an educational plan, and beyond. The essential guidance in this book will help you be the best parent you can be to your gifted child. *Understanding Twice-Exceptional Learners* offers an in-depth look at the needs and lived experiences of students who are twice-exceptional. This book: Includes detailed examinations of co-occurring

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disabilities commonly found in twice-exceptional populations. Features studies of ADHD, dyslexia, dyscalculia, autism spectrum disorders (ASD), anxiety, OCD, and more. Bridges the divide between research about and practical strategies for teaching gifted students with learning challenges. Is Ideal for university teacher preparation courses and graduate programs. Provides strength-based strategies that focus on students' unique gifts and talents. Each chapter includes a comprehensive literature review, suggested interventions, resources for further exploration, and vignettes that highlight experiences of twice-exceptional students and the behaviors and needs that practitioners might commonly see in the classroom.

Are you relentlessly curious and creative, always willing to rock the boat in order to get things done . . . extremely energetic and focused, yet constantly switching gears . . . intensely sensitive, able to intuit subtly charged situations and decipher others' feeling? If these traits sound familiar, then you may be an Everyday Genius--an ordinary person of unusual vision who breaks the mold and isn't afraid to push progress forward. . . . As thought-provoking as Daniel Goleman's Emotional Intelligence, psychologist Mary-Elaine Jacobsen's *Gifted Adults* draws on a wide range of groundbreaking research and her own clinical experience to show America's twenty million gifted adults how to identify and free

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their extraordinary potential. *Gifted Adults* presents the first practical tool for rating your Evolutionary Intelligence Quotient through an in-depth personality-type profile. Demystifying what it means to be a gifted adult, this book offers practical guidance for eliminating self-sabotage and underachievement, helping Everyday Geniuses and those who know, love, and work with them to understand and support the exceptional gifts inherent in these unique personality traits.

Living with Intensity: Understanding the Sensitivity, Excitability, and Emotional Development of Gifted Children, Adolescents, and Adults Great Potential Press, Inc.

Do you long to drive a Ferrari at top speed on the open road, but find yourself always stuck on the freeway during rush hour? Do you wonder how you can feel like "not enough" and "too much" at the same time? Like the rain forest, are you sometimes intense, multilayered, colorful, creative, overwhelming, highly sensitive, complex, and/or idealistic? And, like the rain forest, have you met too many chainsaws? Enter Paula Prober, M.S., M.Ed., who understands the diversity and complexity of minds like yours. In *"Your Rainforest Mind: A Guide to the Well-Being of Gifted Youths and Adults,"* Paula explores the challenges faced by gifted adults of all ages. Through case studies and extensive research, Paula will help you tap into your inner

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creativity, find peace, and discover the limitless potential that comes with your Rainforest Mind. "This book is written for pre-teens and teens who love to learn, even if they don't necessarily love school. Discover yourself as an intense and excitable learner, a creative learner, and a self-directed learner. Read about how to manage perfectionism and self-talk, how to understand your parents better, and how to take charge of your education, whether you go to public school, private school, or homeschool"--Supplied by publisher. The second edition of Handbook for Counselors Serving Students With Gifts and Talents provides the definitive overview of research on the general knowledge that has been amassed regarding the psychology of gifted students. This book: Introduces the reader to the varied conceptions of giftedness. Covers issues specific to gifted children and various intervention methods. Describes programs designed to fulfill the need these children have for challenge. Is updated and expanded, addressing contemporary issues. Reflects the latest research on giftedness. With chapters authored by leading experts in the field, Handbook for Counselors Serving Students With Gifts and Talents is a resource professionals can turn to for answers to a wide variety of questions about gifted children.

To celebrate its 30th anniversary, Supporting the Emotional Needs of the Gifted (SENG) offers a collection of 30 essays

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from leading experts in the gifted community. The essays provide an overview and resource for anyone who works with or cares for the gifted, from gifted adults and teens to parents of gifted children, educators, counselors or medical professionals. Some of the topics include: parenting gifted children living with the intensity that often accompanies giftedness counseling and educating gifted individuals giftedness in diverse communities and special needs populations the role of teachers and other professionals in the lives of the gifted first-person essays describing the challenges and joys of giftedness in children and adults Contributors to this collection include Angela Arenivar, Rose Blackett, Dina Brulles, Marc Caplan, Lori Comallie-Caplan, Christine Fonseca, Rosina M. Gallagher, Jean Goerss, Judith Wynn Halsted, Jane Hesslein, Holly Hughes, Joseph Hughes, Tiombe-Bisa Kendrick, Carolyn Kottmeyer, Marianne Kuzujanakis, Sharon Lind, Linda Neumann, Vidisha Patel, Steven Pfeiffer, Sheri Plybon, Michael Postma, Amy Price, Helen Prince, Carol Raymond, Sylvia Rimm, Lisa Rivero, Patricia Schuler, Beverly Shaklee, Michael Shaughnessy, Wenda Sheard, Jeremy Tardy and James T. Webb.

In recent years, a growing field of empathy studies has started to emerge from several academic disciplines, including neuroscience, social psychology, and philosophy. Because literature plays a central role in discussions of empathy across disciplines, reconsidering how literature relates to "feeling with" others is key to rethinking empathy conceptually. This collection challenges common understandings of empathy, asking readers to question what it is, how it works, and who is capable of performing it. The authors reveal the exciting research on empathy that is currently emerging from literary studies while also making productive connections to other areas of study such as psychology and neurobiology. While literature has been

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central to discussions of empathy in divergent disciplines, the ways in which literature is often thought to relate to empathy can be simplistic and/or problematic. The basic yet popular postulation that reading literature necessarily produces empathy and pro-social moral behavior greatly underestimates the complexity of reading, literature, empathy, morality, and society. Even if empathy were a simple neurological process, we would still have to differentiate the many possible kinds of empathy in relation to different forms of art. All the complexities of literary and cultural studies have still to be brought to bear to truly understand the dynamics of literature and empathy.

Wouldn't it be a disgrace if we lost the brightest students now attending our nation's schools? Dr. Deborah L. Ruf establishes that there are far more highly gifted children than previously imagined, yet large numbers of very bright children are "never discovered" by their schools. Using 78 gifted and highly gifted children as her examples, she illustrates five levels of giftedness. Parents will be able to estimate which of the five levels of giftedness their child fits by comparing their own child's developmental milestones to those of the children described in the book. This book contains practical advice for parents, including how to find a school that works for your child. Book jacket.

How can you nurture creativity in your child? Raising Creative Kids shows parents and teachers how to guide and foster creativity and sustain the creative spirit we are born with. In addition to explaining various theories of creativity, the authors describe: Personality traits associated with creativity, Processes involved in creativity, Ways to parent for creativity, Activities that promote creative thinking, Programs to cultivate creativity, Teaching organization skills, How to preserve your own creativity Book jacket.

Teaching children how to manage their intense emotions is

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one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

Being an introverted child is difficult, especially in an ever-increasingly noisy world. Often viewed as aloof, unmotivated, or conceited, introverted children are deeply misunderstood by parents, educators, and even their peers. That's where *Quiet Kids: Help Your Introverted Child Succeed in an Extroverted World* comes in. Designed to provide parents with a blueprint for understanding the nature of introversion, *Quiet Kids* provides specific strategies to teach children how to thrive in a world that may not understand them. Presented in an easy-to-read, conversational style, the book uses real-world examples and stories from introverts and parents to show parents and educators how to help children develop resiliency and enhance the positive qualities of being an introvert. With specific strategies to address academic performance, bullying, and resiliency, *Quiet Kids* is a must-read for anyone wishing to enhance the lives of introverted children.

Our brightest, most creative children and adults are often

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being misdiagnosed with behavioral and emotional disorders such as ADHD, Oppositional-Defiant Disorder, Bipolar, OCD, or Asperger's. Many receive unneeded medication and inappropriate counseling as a result. Physicians, psychologists, and counselors are unaware of characteristics of gifted children and adults that mimic pathological diagnoses. Six nationally prominent health care professionals describe ways parents and professionals can distinguish between gifted behaviors and pathological behaviors. These authors have brought to light a widespread and serious problem—the wasting of lives from the misdiagnosis of gifted children and adults and the inappropriate treatment that often follows. Jack G. Wiggins, Ph. D., Former President, American Psychological Association

It's time to say NO to trying to fit square-peg kids into round holes, and YES to raising them from a place of acceptance and joy. Today millions of kids are stuck in a world that doesn't embrace who they really are. They are the one in five "differently wired" children with ADHD, dyslexia, giftedness, autism, anxiety, or other neurodifferences, and their challenges are many. And for the parents who love them, the challenges are just as numerous, as they struggle to find the right school, the right support, the right path. But now there's hope. *Differently Wired* is a revolutionary book—weaving together personal stories and a tool kit of expert advice from author Deborah Reber, it's a how-to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. At the heart of *Differently Wired* are 18 paradigm-shifting ideas—what the author calls "tilts," which include how to accept and lean in to your role as a parent (#2: Get Out of Isolation and Connect). Deal with the challenges of parenting a differently wired child (#5: Parent from a Place of Possibility Instead of Fear). Support yourself (#11: Let Go of Your Impossible Expectations for Who You

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“Should” Be as a Parent). And seek community (#18: If It Doesn't Exist, Create It). Taken together, it's a lifesaving program to shift our thinking and actions in a way that not only improves the family dynamic, but also allows children to fully realize their best selves. “In this generous and urgent book, Deborah Reber lets the light in. She helps parents see that they're not alone, and even better, delivers a positive action plan that will change lives.”—Seth Godin, author of Linchpin “Differently Wired will help parents of children who think differently to accept their child for who they are and facilitate their successful development.”—Temple Grandin, author of Thinking in Pictures and The Autistic Brain

Gifted Grownups, Marylou Kelly Streznewski's unprecedented, 10-year study of 100 gifted adults, examines how being identified as a "smart kid" early on affects career choices, friendships, and romantic pairings later in life. Why do some talented and gifted people become Mozarts and Einsteins or corporate chieftains, while others drop out of school, struggle to hold down jobs, or turn to self-destructive behavior? What are the signs of giftedness, its pitfalls, and its promise? Marylou Streznewski provides answers to these and other questions, and creates an intriguing picture of what it is like to have an accelerated mind in a slow-moving world. Raising a gifted child is both a joy and a challenge, yet parents of gifted children have few resources for reliable parenting information. The four authors, who have decades of professional experience with gifted children and their families, provide practical guidance in areas such as: Characteristics of gifted children, Peer relations, Sibling issues, Motivation and underachievement, Discipline Issues, Intensity, perfectionism, and stress, Idealism, unhappiness, and depression, Educational planning, Parenting concerns, Finding professional help. Book jacket.

Living and working with giftedness is not always easy - either

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for the gifted themselves or for the people around them. Potentially, gifted people are original, creative, full of vitality, passionate and constructive employees. They are very valuable, both in their jobs and in society. But not all gifted people succeed in making their talents visible. They lose track and get trapped in their own pitfalls. A potentially powerfully creative personality without clear direction may best be compared to an unguided missile. Someone who cannot be coached, cannot collaborate or communicate, a know-it-all, an antisocial, elusive person. Among colleagues and employers (and among partners and friends) this behavior creates irritation, anxiety and uncertainty. Talents remain hidden and a vicious cycle starts. Gifted people lose direction in life and work, and lose their way. What a waste of all that talent.... ! This book presents eleven case studies of gifted adults, each trying to find his or her own way after losing direction. Often a trigger from the environment was needed for them to start their individual voyages of discovery. The authors occupational physician and psychologist Noks Nauta and psychologist Sieuwke Ronner take their examples from their personal and professional experiences. In addition to these case histories, which gifted people often recognize from their own experiences and which they identify with sometimes smiling, sometimes crying the authors also offer concrete tools that may help gifted people to find their talents and put them to good use. Employers, occupational and insurance physicians, psychologists, career coaches, human resource managers and others who come into contact with gifted employees, can also benefit from this book. The goal is to help recognize talent, even when it is hidden, acknowledge people's gifts and help the gifted and their talents to grow and flourish."

Kazimierz Dabrowski's Theory of Positive Disintegration (TPD), which includes the widely known "overexcitabilities," is

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one of the most influential theories in gifted education. It summarizes the research and application of TPD and compares it to other theories of personality and psychological development.

In his Theory of Positive Disintegration, Polish psychiatrist and psychologist Dr. Kazimierz D?browski (1902-1980) proposed an approach to personality development in which crises are not only necessary but fundamental in creating opportunities for individual development. Crises force our focus inward, leading us to challenge our established beliefs, roles and routines. While crises often resolve with a return to the status quo, recovery is sometimes stymied and posttraumatic stress results. In other cases, however, the outcome is posttraumatic growth. The individual experiences a process of disintegration, a loosening of the components of personality that allows for an examination and re-evaluation of the self. One rebuilds after a crisis, implementing conscious and deliberate changes to reshape the personality toward increased autonomy, uniqueness and the realization of one's ideal personality. This work provides a comprehensive yet balanced overview of D?browski's Theory of Positive Disintegration in its historical and present-day contexts and demonstrates its continued relevance in today's most vital areas of psychology, including posttraumatic growth, education, neuroscience, and personality theory.

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