

# Sensitive Is The New Strong: Embracing Vulnerability in Today's World

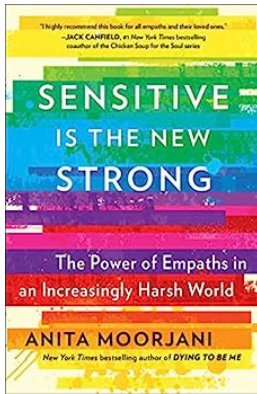


We live in a world where strength is often associated with power, dominance, and the ability to suppress emotions. But what if embracing sensitivity and vulnerability could truly make us stronger? In a society that values toughness and resilience, it can be challenging to recognize and appreciate the power that lies within being sensitive.

## **The Changing Perception of Strength**

Traditionally, strength has been associated with physical power and the ability to overcome challenges without showing any sign of weakness. However, this

perception is gradually shifting. Today, more and more people are realizing that true strength lies in the ability to be open, honest, and vulnerable.



## Sensitive Is the New Strong: The Power of Empaths in an Increasingly Harsh World

by Anita Moorjani (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3098 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 217 pages



Society is now starting to acknowledge that vulnerability takes immense courage. It takes strength to confront our insecurities, express our emotions, and show our true selves to the world. By embracing our sensitivity, we not only empower ourselves but also inspire others to do the same.

### The Power of Emotional Intelligence

One of the driving forces behind this shift is the recognition of the power of emotional intelligence. Emotional intelligence refers to the ability to understand, manage, and express our emotions effectively. It enables us to build meaningful relationships, empathize with others, and navigate challenging situations with grace.

Contrary to popular belief, emotional intelligence does not weaken us. In fact, it strengthens us by allowing us to connect deeply with others, fostering trust, and cultivating a more compassionate society. Sensitivity fuels our emotional intelligence, making us more attuned to the needs and emotions of those around us.

## **Breaking Stereotypes: Male Sensitivity**

One area where the shift towards embracing sensitivity is particularly poignant is in redefining masculinity. For ages, men have been expected to uphold the image of stoicism, suppressing their emotions and vulnerabilities. However, society is now recognizing that this expectation is not only harmful to men but to everyone.

Men, like women, experience a wide range of emotions, and it is important to create a safe space for them to express and process these feelings. Encouraging male sensitivity not only promotes better mental health outcomes but also dismantles harmful gender stereotypes that restrict individuals' emotional wellbeing.

## **The Journey of Self-Discovery**

Embracing sensitivity is not an easy task. It requires us to confront our fears, acknowledge our vulnerabilities, and let go of societal expectations. However, the rewards of this journey are immense.

By embracing our sensitivity, we embark on a journey of self-discovery. We learn to accept ourselves fully and authentically, embracing the beautiful tapestry of our emotions. Our relationships become deeper, more meaningful, and enriching as we allow ourselves to be open and vulnerable with others.

## **The Importance of Mindfulness**

Mindfulness can play a significant role in embracing sensitivity. By practicing mindfulness, we learn to be fully present in the moment, acknowledging and accepting our emotions without judgment. This practice allows us to cultivate self-compassion, kindness, and resilience.

Through mindfulness, we become more aware of the impact our actions and words have on others. We develop a greater sense of empathy and are better equipped to support those around us. Being present and tuned in to our emotions enhances our ability to make conscious choices and respond thoughtfully to life's challenges.

## **The Ripple Effect of Vulnerability**

When we embrace sensitivity and vulnerability, we create a ripple effect that extends far beyond ourselves. Our own courage in showing vulnerabilities encourages others to open up and feel safe in doing the same. By leading with vulnerability, we create spaces for authentic connections and foster a more compassionate and understanding society.

## **The Future of Strength**

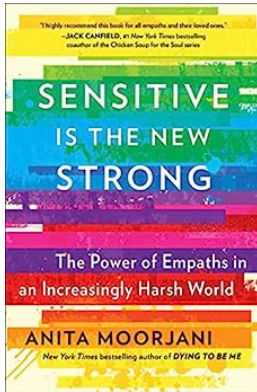
Sensitivity is no longer synonymous with weakness. It is the key to unlocking our true strength and potential. By embracing sensitivity, we become more integrated as individuals and create a world where vulnerability is celebrated.

So, let us challenge the old notions of strength, break free from societal expectations, and step into a future where sensitivity is the new strong.

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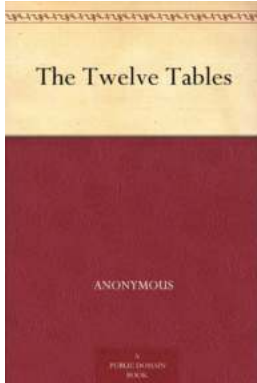
The New York Times bestselling author of *Dying to Be Me* returns with “a gorgeous and powerful field guide to the empath living in today’s wild world” (Laura Berman, PhD, author of *Quantum Love*) and how they can fully embrace their gifts of intuition and empathy.

Empaths not only sense other people’s emotions, but also absorb them—sometimes to their own disadvantage, often leading to overwhelming sensory overload and feelings of confusion or low self-esteem. Their willingness to help and please others might make them prey to opportunists or cause them to give away more energy than they can afford.

But Anita Moorjani argues that it’s possible to turn this onslaught of emotional burden into a powerful tool. In a time when traits like sensitivity, kindness, and compassion are sorely undervalued, Moorjani helps empaths—whether emerging or acknowledged—navigate obstacles they may face and identify what makes them unique. She teaches them how to claim their true powers as empaths and to be their most authentic selves.

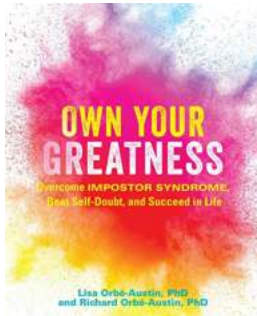
“Sensitive Is the New Strong is a book that provides you with groundbreaking information, tools, and exercises in understanding the challenges faced by

empaths. You can learn how to protect your energy and thrive. A definite must-read for empaths and their loved ones” (Nick Ortner, New York Times bestselling author).



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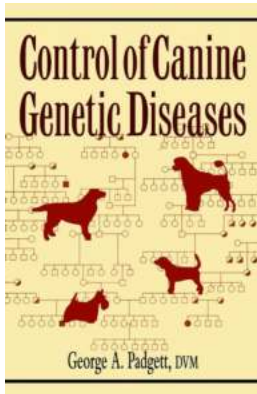
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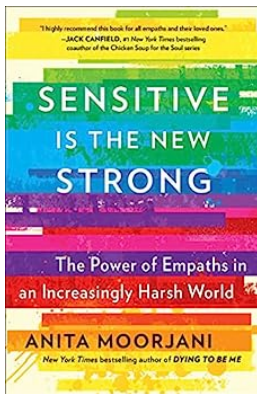
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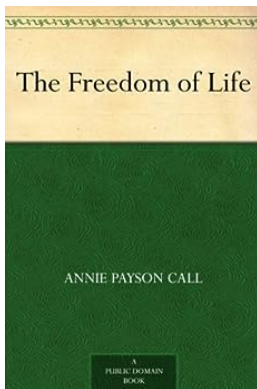
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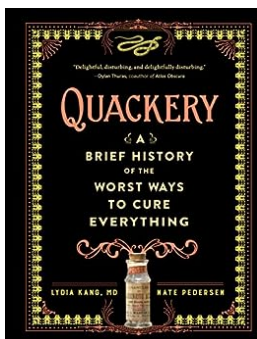
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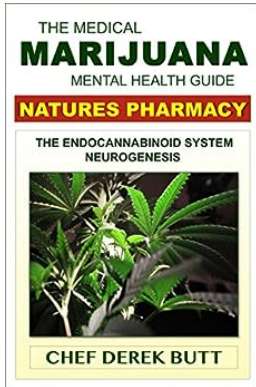
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