

SARA LEVINE
MEHRDOKHT AMINI

Sensitive



**“YOU FEEL WAY
TOO MUCH.”**

**“STOP BEING SO
SENSITIVE!”**


This tender picture book follows a girl who is told she is too intense, too sensitive, too much. She’s told to grow a thicker skin, but the words of others slip right through. They somersault around inside and press against her heart.

What can she do to stop the hurt?

She needs to take time alone to think and read, rest and create.

Thoughtful text, detailed collage illustrations, and an unexpected word puzzle combine in Sara Levine and Mehrdokht Amini’s moving portrayal of a girl who discovers that what others call a weakness can also be a gift.





For Elyse and Sophie —S.I.

Grateful acknowledgment to Lynne Harris, LMHC, LMFT, professional counselor,
for consulting with the author

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The illustrations in this book were created with acrylic, digital painting, collage, and pastel pencil.

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MEHRDOKHT AMINI



**CAROLRHODA BOOKS
MINNEAPOLIS**



"You are too



said everyone.





Sometimes someone yelled:

**"STOP BEING
SO SENSITIVE!"**

As if it was
something she
could control.





But it wasn't.

"YOU FEEL WAY TOO MUCH."

"THERE'S NOTHING WRONG."



**YOUR FEELINGS
ARE REAL.**



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