

Overly dramatic. Irrational. Too sensitive. These are some of the labels applied to those of us who are emotionally triggered by everyday moments. Whether it's a delayed text message, a last-minute invite, or a subtle shift in tone, what begins as a flicker of uncertainty can spiral into self-doubt, shame, or withdrawal.

From the outside, these reactions may seem overblown. But what if emotional sensitivity is not a personality flaw but rather the result of a highly responsive and attuned nervous system?

In *Too Sensitive*, Dr. Sasha Hamdani—known to her online following as @thepsychdoctormd—offers an accessible explanation of emotional sensitivity as well as practical guidance for how to manage it. For many people, especially those with ADHD and other forms of neurodivergence, emotional sensitivity may be recognized as Rejection Sensitive Dysphoria (RSD). Feelings of being excluded, overlooked, or dismissed are not all in our heads—they are based in our biology. In her groundbreaking book, Dr. Hamdani introduces the first assessment tool to discern where you fall on the emotional sensitivity spectrum and offers practical tools to restore calm to the nervous system.

Drawing from psychiatry, neuroscience, and the gentle compassion of lived experience, Dr. Hamdani shares research-informed strategies to regulate emotional surges, interrupt spirals, and build self-worth and resilience in relationships and at work. Most important, *Too Sensitive* reframes sensitivity not as fragility but as a powerful form of emotional awareness that can be understood and transformed into strength.

SASHA HAMDANI, MD, is a board-certified psychiatrist and global mental health expert who specializes in ADHD, RSD, and emotional regulation. She is the creator of FocusGenie and the author of *Self-Care for People with ADHD*. Her widely viewed TEDx Talk on focus helped expand her global audience of more than two million followers. Her work has been celebrated by leading academic institutions and has been regularly featured in major media outlets and on leading podcasts, including *Armchair Expert*, *On Purpose with Jay Shetty*, and *The Mel Robbins Podcast*.

**READ BY THE AUTHOR; FOREWORD WRITTEN
AND READ BY DR. WILLIAM DODSON**



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The Playaway format is recommended for children ages 5 and up.



AUDIO

**SASHA
HAMDANI,
MD**

Too Sensitive

**REJECTION,
RESILIENCE,
AND THE
SCIENCE
OF FEELING
DEEPLY**

Adult



PLAYAWAY
THE ALL-IN-ONE AUDIOBOOK

