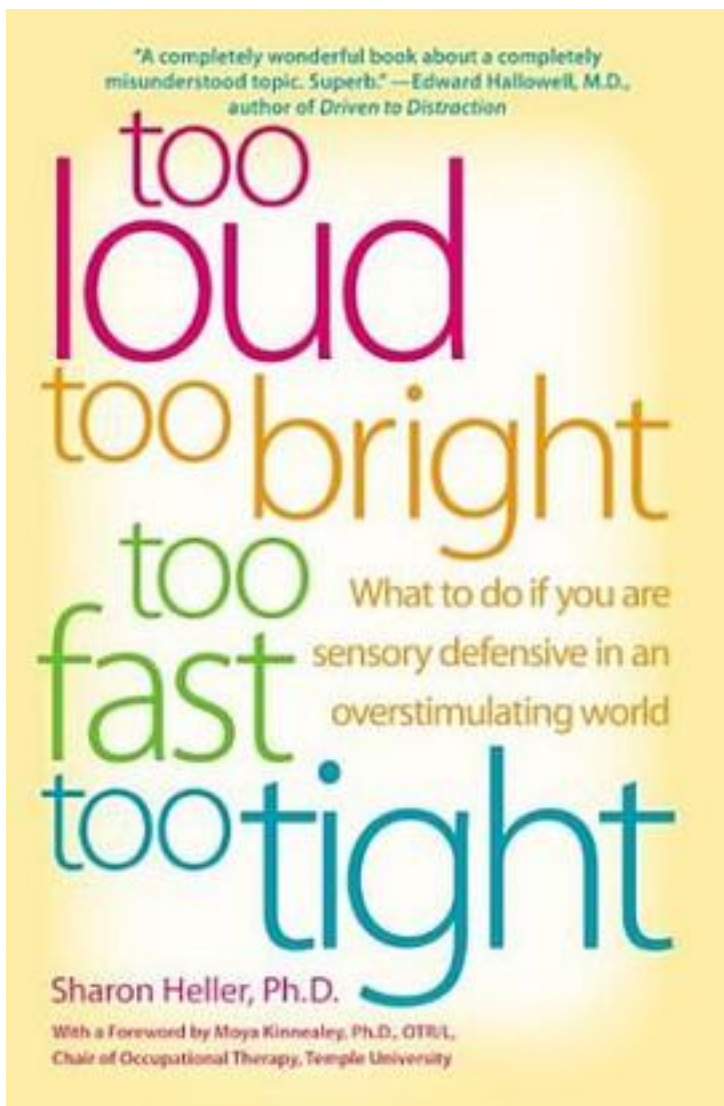


# Too Loud, Too Bright, Too Fast, Too Tight



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Do clothing labels bother you so much that you have to remove them? Do you find many different foods repulsive? Do loud, sudden, or piercing sounds startle you? Do you need to wear sunglasses even on a cloudy day? Do you feel panicky going down an escalator or driving through a tunnel? If the answer to many of these questions is yes, you may suffer from sensory defensiveness, a common but often misdiagnosed condition that results from adverse reactions to what most people consider harmless sensations. Developmental psychologist Sharon Heller, sensory defensive herself, suggests that the best way for sufferers to cope is not psychotherapy or medication but a host of other treatments that tap into the primitive brain. As Heller explains, there is hope for the sensory defensive. This book will change your life.

作者介绍:

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