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## Too Loud Too Bright Too Fast Too Tight: What to Do If You are Sensory Defensive in an Overstimulating World

By Sharon Heller

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Too Loud Too Bright Too Fast Too Tight: What to Do If You are Sensory Defensive in an Overstimulating World, Sharon Heller, In the publishing tradition of Driven to Distraction or The Boy Who Couldn't Stop Washing, this prescriptive book by a developmental psychologist and sufferer of Sensory Defensive Disorder (SD) sheds light on a little known but common affliction in which sufferers react to harmless stimuli as irritating, distracting or dangerous. We all know what it feels like to be irritated by loud music, accosted by lights that are too bright, or overwhelmed by a world that moves too quickly. But millions of people suffer from Sensory Defensive Disorder (SD), a common affliction in which people react to harmless stimuli not just as a distracting hindrance, but a potentially dangerous threat. Sharon Heller, Ph.D. is not only a trained psychologist, she is sensory defensive herself. Bringing both personal and professional perspectives, Dr. Heller is the ideal person to tell the world about this problem that will only increase as technology and processed environments take over our lives. In addition to heightening public awareness of this prevalent issue, Dr. Heller provides tools...



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