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overlooked, very
interesting condition
that seems to afflict
the most fascinating
people.

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Hello
These sensory
defensive sufferers live
out their lives stressed
and unhappy, never
knowing why or what
they can do about it.
Now, with Too Loud,
Too Bright, Too Fast,
Too Tight, they have a
compassionate
spokesperson and a
solution-oriented book
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Recoiling to light,

ticklish touch or when

someone, particularly a

stranger, unexpectedly

touches you. Startling

to loud, sudden, or

piercing sounds; being

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unable to shut out
constant noise.
Wincing at bright
lights; becoming
disorganized by
excessive visual
stimulation. Grimacing
at odors others don't
notice.

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fast, too tight is a great

place to start if you'd

like to understand how

differently people

experience the same

stimuli. I'm convinced

that as the world

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becomes more

technical and more

tech-connected, people

with sensory issues will

be challenged in ways

we can now only

imagine.

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too fast, too tight' is
the title of the book-
hence the title of this
thread, about sensory
defensiveness. Book
includes some

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exercises and such, but
I realized I was doing
much of them already
without ever knowing
about my condition.

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Harper Collins, Dec 2,
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“Activity will build
greater self-
efficacy—the belief
that you have some
mastery over the
events in your life and
can better meet
challenges as they
arise.”

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Tight Quotes by
Sharon ... You Are

If this is you, take heart. You're not necessarily becoming an intolerant crank; rather, you may be suffering from a spanking-new syndrome called sensory defensive (SD) disorder. That's the theory...

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that includes sensorimotor strategies from occupational therapy, along with interventions from many other disciplines, it is possible to make a difficult condition far easier to endure. Year: 2003.

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