



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

By Sharon Heller

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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

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 and therapies for alleviating and, in some cases, even eliminating defensiveness altogether.

Until now, the treatment for sensory defensiveness has been successfully implemented in Learning Disabled children in whom defensiveness tends to be extreme. However, the disorder has generally been unidentified in adults who think they are either overstimulated, stressed, weird, or crazy. 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 passionate spokesperson and a solution-oriented book of advice.

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### **Editorial Review**

From Publishers Weekly

Heller, a developmental psychologist, knows firsthand how difficult life can be for people suffering from sensory defensiveness (SD). Symptoms include flinching from touch; overly acute senses of smell; fear of escalators; irritation at certain lights; and eating disorders. While these symptoms are often present from birth, for many other people they can be triggered by some traumatic event. Adding to the pain is the difficulty in diagnosing this ailment-some sufferers are told they have ADD or autism. Heller briefly discusses her own successful therapy and how it transformed her life. The book includes four sections-the first two focus on an overview of the condition, and the second two examine treatment, including diet, medication and relaxation techniques. Useful appendices list alternative treatments and resources. The writing is clear and relatively jargon-free, and sprinkled throughout the book are anecdotes from patients who have successfully battled SD. Patients who have this condition will find this book reassuring, especially since Heller discusses a treatment and usually follows up with a real-life scenario. For example, the section on light therapy ends with a success story of a woman who had learned to cope with her light sensitivity: "[Anna] realized that her eyes were wide open, no longer slits. She had spent years walking around in a haze, blinded by glare, with her brain taking in only a sliver of light." For people with SD, this title will wonderfully supplement their medical treatment.

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### **Review**

"A fascinating account of how sensation can run amok and cause problems." (New York Newsday)

### **About the Author**

Sharon Heller, Ph.D., is the author of *The Vital Touch* and teaches courses in psychology. She received her master's degree from the University of Chicago and her doctorate from Loyola University of Chicago. She lives in South Florida.

### **Users Review**

#### **From reader reviews:**

#### **Angela Dickens:**

Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World, you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

**Charles Siegrist:**

Your reading sixth sense will not betray an individual, why because this *Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World* book written by well-known writer whose to say well how to make book that can be understand by anyone who read the book. Written in good manner for you, still dripping wet every ideas and writing skill only for eliminate your own personal hunger then you still doubt *Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World* as good book but not only by the cover but also through the content. This is one e-book that can break don't determine book by its protect, so do you still needing another sixth sense to pick this particular!? Oh come on your looking at sixth sense already told you so why you have to listening to an additional sixth sense.

**Carrie Correll:**

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**Alan Archuleta:**

Reading a guide make you to get more knowledge as a result. You can take knowledge and information from your book. Book is prepared or printed or created from each source this filled update of news. In this modern era like at this point, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science e-book, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Isn't it time to spend your spare time to open your book? Or just searching for the *Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World* when you needed it?

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