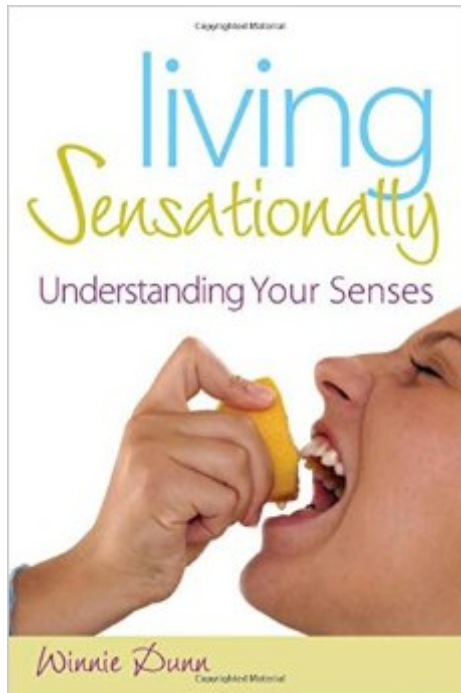


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# Living Sensationally: Understanding Your Senses



## Synopsis

How do you feel when you bite into a pear... wear a feather boa... stand in a noisy auditorium... or look for a friend in a crowd? *Living Sensationally* explains how people's individual sensory patterns affect the way we react to everything that happens to us throughout the day. Some people will adore the grainy texture of a pear, while others will shudder at the idea of this texture in their mouths. Touching a feather boa will be fun and luxurious to some, and others will bristle at the idea of all those feathers brushing on the skin. Noisy, busy environments will energize some people, and will overwhelm others. The author identifies four major sensory types: Seekers; Bystanders; Avoiders and Sensors. Readers can use the questionnaire to find their own patterns and the patterns of those around them, and can benefit from practical sensory ideas for individuals, families and businesses. Armed with the information in *Living Sensationally*, people will be able to pick just the right kind of clothing, job and home and know why they are making such choices.

## Book Information

Hardcover: 192 pages

Publisher: Jessica Kingsley Pub; 1 edition (October 15, 2007)

Language: English

ISBN-10: 1843108712

ISBN-13: 978-1843108719

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #1,295,166 in Books (See Top 100 in Books) #174 in [Books > Parenting & Relationships > Family Health](#) #975 in [Books > Textbooks > Social Sciences > Psychology > Neuropsychology](#) #1744 in [Books > Textbooks > Social Sciences > Psychology > Developmental Psychology](#)

## Customer Reviews

I couldn't put this book down. I have read it twice and got more out of it the second time. It really helped me understand my partner and children. Who knew he was an "avoider" and not ignoring me. ha. It can be applied to everyone in your life.

As an occupational therapist using Dunn's Model of Sensory Processing as a conceptual framework for my post professional master's thesis, this book provides laymens's terminology

rather than the therapy lingo. It is an excellent source to help non-therapists understand themselves and the concepts the therapists use. It is user friendly and has many good ideas for the basic functions of living. I highly recommend it for occupational therapists as a good resource to keep handy for those teaching moments.

This book was recommended to me to help me understand my own sensory needs as the mother of a child with sensory processing issues. It was recommended by her occupational therapist. I haven't finished it...don't have too much time to read. But everything i've read has enlightened me to my sensory needs and how they are different from my husband's. It has eliminated alot of the questions of "why don't you like this when I do" between my daughter&me, my husband&me, and my daughter&husband. Very informative & a very needed perspective for a person in my situation. It has also helped me approach my depression-issues in a different, and more fun, angle since I try to focus on sensory experiences I naturally gravitate towards for no other reason than it will help me feel more in order.

This book will help you understand yourself, your family, and everyone else you encounter. Not only that, but you are going to have a much better idea of how to interact with different types of people because you will know how better to meet their needs. EVERYONE should read this book!

Written by a professional who has researched sensory processing disorders, this book in my opinion is the best reference for families to describe what the disorder is and how to handle symptoms. Read this book first

What a Great Book! This book was recommended by an occupational therapist for sensory processing disorder. It not only helped me understand SPD but myself and others in my life as well. Highly recommended!

Easy to follow. Great resources for parents or those living with a loved one with sensory integration disorders. Although it might be considered a disorder, it can also be a gift! This book was such a fantastic help in understanding my young daughter.

This is a great book with lots of information for those who may not realize how their sensitive nervous systems are causes them to make certain choices in their lives. However, as an avoider

since birth due to birth trauma, but just finding out about it recently (before this book), I am doing every thing I can to help my nervous system integrate and balance out so I can live a fuller life. This author suggests to "manage" your nervous system which I clearly already know how to do. It seems so just accept it and defeatist kind of attitude. People heal cancer and Aids, why not the nervous system? It seems she doesn't believe you can heal from an overly defensive nervous system which other people have done. I am disappointed she did not even suggest what people could do to heal this other than live with it and "manage" it, hence the 3 stars. It is a well-written book with lots of information especially if you're not aware of how this is affecting you. If you like this book, and want to change your life, I highly recommend Too Loud Too Bright Too Fast Too Tight by Sharon Heller. Also Uptight and Off Center by the same author. I don't know either author personally.

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