



Too Loud Too Bright Too Fast Too Tight (Paperback)

By Sharon Heller

HarperCollins Publishers Inc, United States, 2004. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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,...

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-- **Morris Schultz**

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

-- **Raina Simonis**