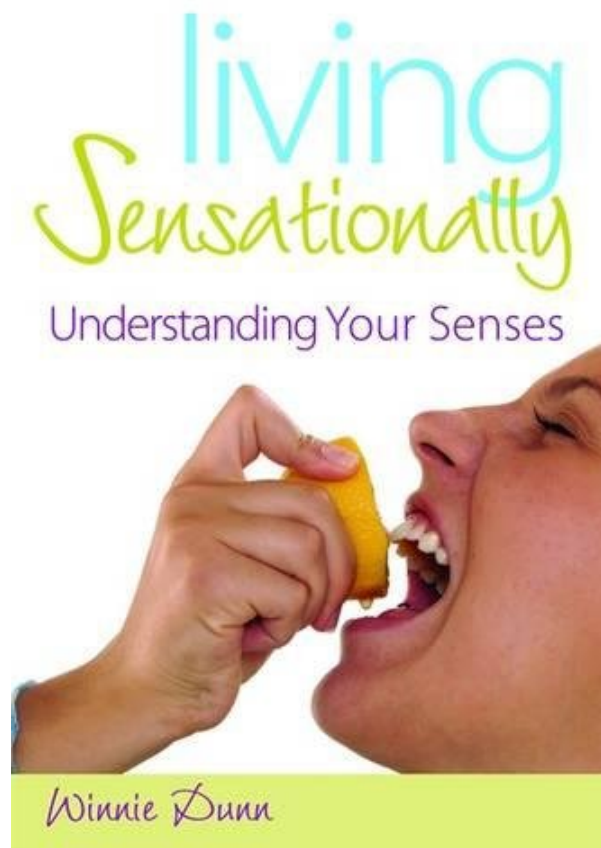


**LIVING SENSATIONALLY:
UNDERSTANDING YOUR SENSES BY
WINNIE DUNN**



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Understanding Your Senses



Winnie Dunn

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Excellent introduction to sensory processing...The book is very readable and accessible. It allows people to examine their own reaction to sensation and offers practical suggestion as to how to adjust their environment or routines to be compatible with their sensory type. (COTSS PLD)

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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.

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By gypsy-spirit mother

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.

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