



Adults with Sensory Processing Disorder

Fortunately, our society is now recognizing the signs and symptoms of Sensory Processing Disorder (SPD) and has made great strides in the treatment of these children. But many adults live with sensory processing issues that either went undiagnosed throughout their childhoods or were misdiagnosed as ADHD, anxiety, depression, or autism. Many have spent their lives knowing life is more difficult for them than it seems to be for everyone else but not knowing what to do about it.

Is there hope for these adults? Yes! One great book written specifically for adults with SPD is *Too Loud, Too Bright, Too Fast, Too Tight* by Sharon Heller (New York: Harper, 2002).

