



# Living Sensationally: Understanding Your Senses

*Winnie Dunn*

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## **Living Sensationally: Understanding Your Senses** Winnie Dunn

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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