

# Interoception The Eighth Sensory System

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## BOOK DETAILS

- Author : MS OTR-L Mahler
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## BOOK SYNOPSIS

Interoception, a newly identified eighth sense, allows us to "feel our internal organs and skin and gives information regarding the internal state or condition of our body." As such it is also a key component of our emotional experience. This is an area of difficulty for many, including those with autism spectrum disorders. The book reviews the research underlying the effects of poor interoception and outlines strategies for how to ameliorate these effects.--Publisher.

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