



# Interoception: The Eighth Sensory System

*MS OTR-L Kelly Mahler*

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Many people take it for granted, but one of the most important skills we have is being able to understand signals from our body. How you know if you're hungry, thirsty, tired, etc. are key abilities to live a healthy life. These are also skills that those with autism spectrum disorder tend to lack. Kelly Mahler's newest book gives professionals and parents a new way to consider teaching these talents to individuals with ASD. She describes the clear link between interoception and many important skills such as self-awareness, self-regulation, problem solving, intuition, and many more. "When Kelly first mentioned the concept of interoception, a light bulb went off. This was a missing piece that people should have been discussing in the field of ASD.... Many individuals with ASD ... cannot label how something feels internally. The research that has gone into this book is superb, and it is a must-read for any professional, parent, or service provider that is seeking to provide better services for an individual with ASD." --Kerry Mataya, Author of Successful Problem-Solving for High-Functioning Students With Autism Spectrum Disorders

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