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A Nation in Sensory Overload Finally Has a Guide. Robyn Chu Launches *Sensory Wellness: The Art and Science of Thriving*.

The book that makes every other wellness practice work better is available now

RESCUE, Calif., March 17, 2026 – Something is happening to people across this country. They are shutting down. Numbing out. Going through the motions of daily life while quietly drowning in the relentless onslaught of noise, chaos, and overstimulation that has become the American experience. They are reaching for meditation apps, breathwork routines, and somatic exercises, and still not finding the relief they are looking for.

The reason, says author Robyn Chu, is that every wellness practice they are trying sits on top of a foundation they have never been taught to build.

We are, as Robyn Chu puts it, a world that is **sensory overloaded yet sensory under-aware**. Racing through life without realizing how profoundly our sensory systems shape every moment of balance, peace, and connection. The mind and the heart get all the attention. The body, and what it perceives, gets left behind.

Today, Robyn Chu announces the launch of *Sensory Wellness: The Art and Science of Thriving*, alongside its companion, the *Sensory Wellness Reflection Journal*. Together, they offer what the wellness industry has been missing: the operating system that makes every other practice actually work.

"We are living in a world of what I call 'exhausterwhelmulation,'" says Robyn Chu. "Exhausted, overwhelmed, and overstimulated, all at once. What most people don't realize is that when your sensory system is in overload, you cannot fully absorb or benefit from any other wellness practice. Breathwork, meditation, somatic exercises. All of it is limited until you understand how your nervous system is processing the world around you. Sensory wellness is not one more thing to add to your routine. It is the foundation that makes everything else possible."

What the neurodivergent community has long understood, that unmanaged sensory input derails regulation, connection, and performance, is now the lived reality for an entire nation. Robyn Chu's book is the first to name this at scale and offer a clear, science-backed path forward.

Drawing on neuroscience and decades of clinical work with children, families, adults, and organizations, Robyn Chu guides readers through the body's sensory systems and their profound influence on emotional regulation, mental health, relationships, and performance at home and at work.

The book moves readers from “I know I should” to “I can, and I want to,” with practical strategies they can integrate into daily life immediately.

“Sensory Wellness does a great job of helping people understand how their nervous system works so they can make themselves better,” said Dr. Temple Grandin, internationally recognized scientist and author.

Whether you are a parent, teacher, healthcare provider, young professional, or college student, *Sensory Wellness* meets you where you are and shows you the way forward.

Sensory Wellness: The Art and Science of Thriving is available now on Amazon at amzn.to/4bfalmJ. Get the companion *Sensory Wellness Reflection Journal* at amzn.to/4uwfttZ.

Visit robynchu.com to find more places to buy.

About Robyn Chu, MOT, OTR/L

Robyn Chu is an author, researcher, and practitioner who has dedicated over seventeen years helping people understand how their sensory experiences shape everything from emotional regulation and mental health to relationships and performance. She is the founder of Growing Healthy Seasons, a pediatric therapy practice with more than 75 therapists, and is recognized as a thought leader in the research, assessment, and treatment of sensory integration and development. Her continuing education courses have reached practitioners around the world, and her consulting work helps organizations become more sensory-friendly and human. She draws on research from UCLA and UCSF and brings a strengths-based approach to everything she does. Her mission is simple: to help every person live sensationally. Learn more at robynchu.com.

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Robyn Chu is available for interviews. To schedule, please contact Christina Gunn.

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