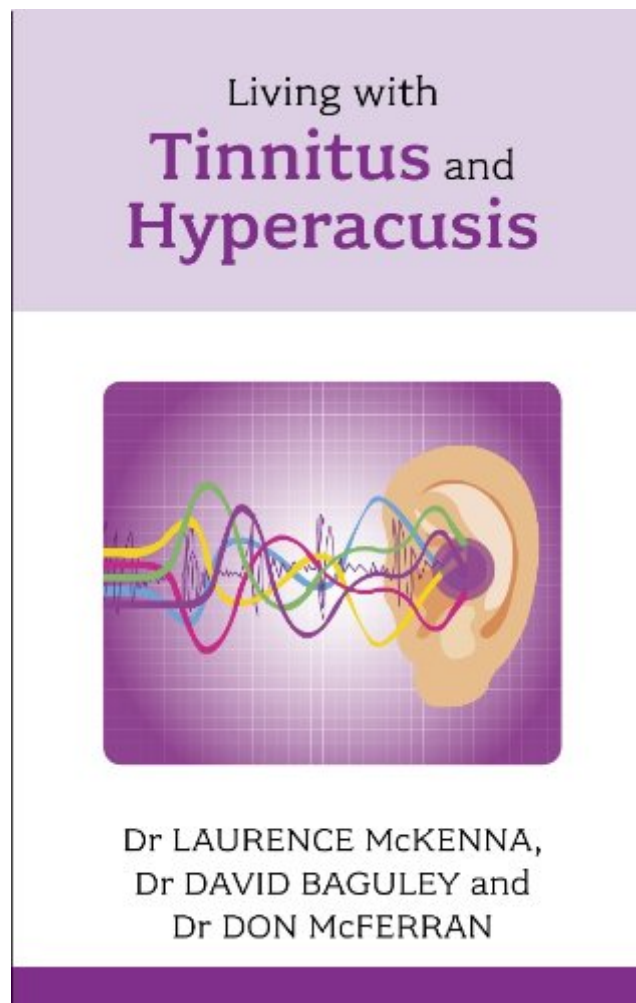


The book was found

# Living With Tinnitus And Hyperacusis (Overcoming Common Problems)



## Synopsis

Tinnitus, noises in the ear, and hyperacusis, acute sensitivity to sound, can have serious effects, ranging from insomnia and irritability, to loss of concentration and social withdrawal. But, prospects for recovery have never been better. *Living with Tinnitus and Hyperacusis*, written by three leaders in the field of audiology, presents the latest medical thinking and treatments, including sound therapy, and suggests effective self-help techniques based on cognitive behavioural therapy (CBT). Topics include relaxation therapy; getting a good night's sleep; avoiding relapse; and helping adults and children with these hearing disorders.

## Book Information

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## Customer Reviews

This little book is informative, but it is repetitious and written at a fifth grade reading level. One gets the feeling that pages are filled with charts because no one would publish a fifty page book. That's all it would have taken to give the same information. It IS important information, but one needs to be patient.

Moderately useful if you have mild tinnitus, useless and/or insulting to anyone who has severe tinnitus or any form of hyperacusis. Over half the book is little more than run-of-the-mill advice on stress reduction and relaxation, and getting a good night's sleep, as if this alone is enough to serve as an "effective therapy." The authors betray little to no understanding of hyperacusis and its associated ear pain, and seem to consider the negative effects of tinnitus as being entirely psychosomatic Rubbish. If your tinnitus is mild -- that is not so loud that you wouldn't notice it unless you're in a very quiet place -- then yes, learning to not focus on it and overly stress on it will be helpful. If your tinnitus is so loud that it's louder than conversation level voices, or if you have hyperacusis, no amount of relaxation is going to improve your situation in any significant way. (As someone who practices meditation regularly, I'll attest to that.) This comes off as rather insulting; I wonder if the doctors also believe that cancer can be made to go away if its sufferers simply stop stressing about it and get a good night's sleep. It's people like these quacks whose misguided theories are getting in the way of actual solid scientific research being done to treat and end this affliction.

I found this book Living With Tinitus & Hyperacusis very helpful. I learned coping techniques for what I'm dealing with for hyperacusis. I'm not cured but @ least I have hope by reading this book on how to cope with my issue!

This is a great book, especially for patients experiencing tinnitus or hyperacusis.

I guess I hoped reading the book would give me some easy way to cure tinnitus. Wrong! The best message was to learn to embrace the noise in your ear and then guess what it fades into the background. Concentrating on it makes it worse. Make friends with it.

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