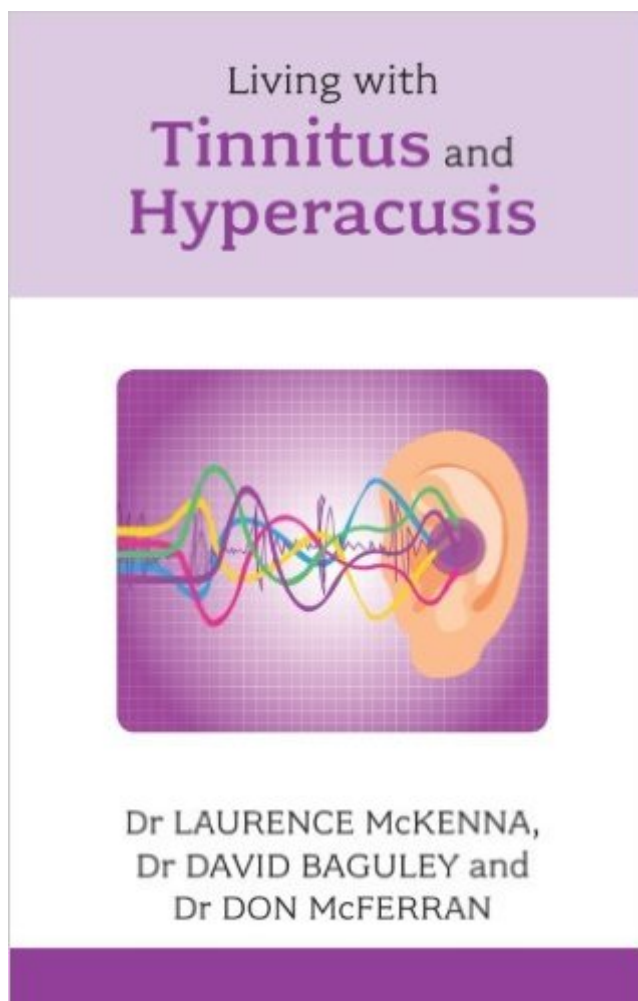


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# Living With Tinnitus And Hyperacusis - Comprehensive And Authoritative (Overcoming Common Problems)



## Synopsis

Tinnitus can be a terrible affliction, both for the individual, and also for friends and family, and many people with tinnitus are currently left to fend for themselves. Despite this, prospects for recovery have never been better, based on recent advances in psychology, auditory neuroscience and medicine. Tinnitus (colloquially known as ringing in the ears) is common, affecting some five percent of people. Hyperacusis, or hypersensitivity of hearing, is commonly associated with troublesome tinnitus. However, these basic definitions give no idea of the individual, even idiosyncratic nature of both disorders, which can be profoundly affected by someone's personality and psychological state. While this may complicate medical treatment, it does mean that self-help techniques can often be effective in minimizing the distress caused by these disorders, which can range from lack of sleep and irritability, to loss of concentration and confidence. This book looks at strategies for living with tinnitus and hyperacusis, and includes a complete programme for recovery. Topics include: causes and mechanisms of tinnitus and hyperacusis; the impact of these hearing disorders; effective treatments; relaxation and sound therapy; relieving the stress of tinnitus and hyperacusis; avoiding relapse

## Book Information

Series: Overcoming Common Problems

Paperback: 128 pages

Publisher: The Society For Promoting Christian Knowledge (October 22, 2010)

Language: English

ISBN-10: 1847090834

ISBN-13: 978-1847090836

Product Dimensions: 5.4 x 0.4 x 8.5 inches

Shipping Weight: 9.3 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #793,289 in Books (See Top 100 in Books) #88 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Hearing Problems](#) #665 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #3317 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

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 Tinnitus & 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!

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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