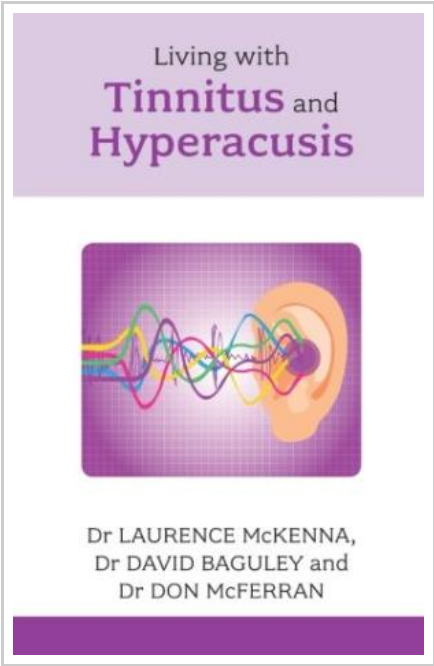

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Living with Tinnitus and Hyperacusis

By Laurence McKenna, David M. Baguley, Don McFerran

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Living with Tinnitus and Hyperacusis, Laurence McKenna, David M. Baguley, Don McFerran, Tinnitus can be a terrible affliction, both for the individual, and also for friends and family. Hyperacusis, acute sensitivity to noise, can also seriously interfere with everyday life. These conditions are common in adults and may affect children, too. The good news is that prospects for recovery have never been better, thanks to advances in scientific understanding and therapy. There are techniques that can be used to help minimize the distressing effects of these disorders, which can range from lack of sleep and irritability, to loss of concentration and confidence. Living with Tinnitus and Hyperacusis looks at strategies for coping and includes a complete self-help programme. 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 and avoiding relapse.

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