



Tinnitus Treatment Toolbox: A Guide for People with Ear Noise

J. L. Mayes

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Written by a clinical audiologist with over 20 years experience, Tinnitus Treatment Toolbox is a great resource for people with tinnitus (ear noise). The author also has tinnitus, and has used treatment tools to go from severe tinnitus distress to coping well. Many people with tinnitus also have hearing loss or sound sensitivity (hyperacusis). Tinnitus Treatment Toolbox describes a wide range of traditional and alternative treatment approaches and coping strategies. Information is based on scientific research review as well as the author's personal and clinical experience. Whether people are interested in self-management techniques and devices or formal therapy approaches, Tinnitus Treatment Toolbox covers current treatment options along with examples, guidelines and case studies. There are specific chapters on sleep, hearing protection and hearing loss management. People can use this book to select tools for their own treatment toolbox depending on what speaks most directly to their individual needs. Audiologists, tinnitus specialists, counselling specialists and ear specialists will also find Tinnitus Treatment Toolbox a useful companion to their work with clients. By using effective treatment tools, people can live without distress and cope well.
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