



Living with Tinnitus and Hyperacusis (Overcoming Common Problems)

Laurence McKenna, David Baguley

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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.



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