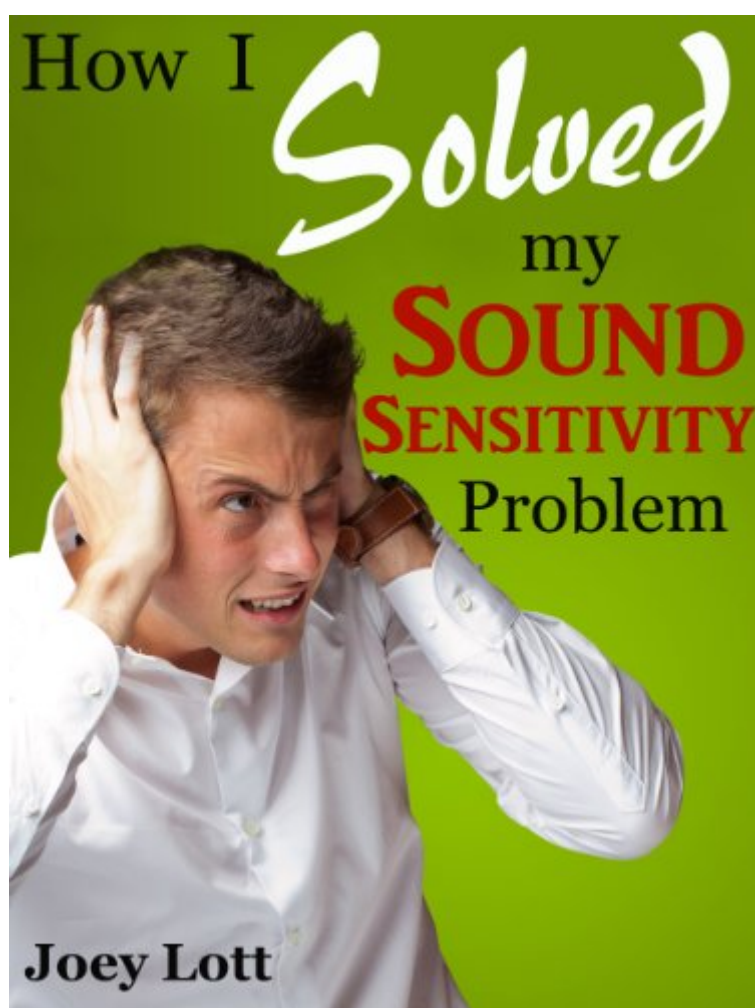


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# How I Solved My Sound Sensitivity Problem (Misophonia): Or How Chewing Sounds No Longer Send Me Into A Rage



## Synopsis

Is Misophonia Ruining Your Life? Is your loved one's chewing driving you mad? Do you fly into a rage when you hear your child chewing gum, a co-worker crunching ice, your spouse breathing, or any other commonplace sounds? Heightened sensitivity to sound can seriously disrupt your life, but this book is here to help. The author of *How I Solved My Sound Sensitivity Problem*, Joey Lott, takes readers through his own system for curing misophonia, the "hatred of sound." You'll read his own compelling story of how his condition developed and how he was able to cure himself in a matter of weeks. *Reprogram Your Brain For Peace and Well-Being* Though the techniques in the book are aimed specifically at reducing misophonia, they can also help to bring greater awareness to your patterns of thought and behavior and heal old emotional wounds you didn't realize were still affecting you. Simple strategies with scientific backing will have you feeling better each time you apply them. Take back your life and your ability to relax by downloading this book now.

## Book Information

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## Customer Reviews

To start, this book cannot cure Misophonia. This is the sole reason I gave it 2 stars. Without spoiling it, this book gives a simplified, primary way to control it as well as a secondary way which is almost laughable and certainly doesn't work. To be fair, he is clear about in the opening statements that it may not work for everyone. However, this just doesn't seem to come close to solving the problem or even going into depth about either method. If it did, these 2 magical solutions would have gained more traction in the medical world. It's very cheap, so it wasn't a costly failure but it was very disappointing for people who are truly looking for solutions.

I did not expect such tremendous success and progress when I opened the small booklet for the first time. That is the beauty of it - it does not need belief to work - it just does the job. The techniques provided in the book are very straightforward and yet powerful. I've had misophonia for ten years that has been growing more and more acute lately. Just a few days of strict practise of the principles were enough to reverse my misophonia by more than 50% and completely eliminate some triggers. I expect that within a couple of weeks of hard work I will be completely rage-free and happy!

This brief book is well written, easy to read and the treatment ideas are unique. I've not come across suggestions like these in my hours and hours of amateur research about this maddening, life altering, little understood affliction. If you have misophonia, you know how terrible it can be. The instant rage that floods you when your co-worker chomps gum (and you want to rip it out of her mouth and smash it into her hair), you see someone with wiggly/fidgeting feet or your spouse clinks the silverware on a ceramic dish is irrational, upsetting and detrimental to relationships. Rest assured you're not going to be told to buy noise canceling headphones, white noise machines or locate a practitioner that performs pressure point therapy. Headphones and sound machines are helpful coping tools - I own both. Alternative therapies may help, but finding a qualified provider will be difficult and expensive. You are also not going to be instructed to intersperse your trigger noises into some pleasant music in an attempt to "get used" to them. I saw a website that sells an app that does this. It may work for some and perhaps there is solid science behind it, but I know it would not work for me. The intent of the author's technique is to kind of re-wire your brain's response to a trigger. I emailed Joey with a couple of questions and he replied with a very thoughtful and

informative email. I'll update this review and let you know my progress. My case is pretty severe, but I'm still cautiously hopeful for improvement.

Easy to read, quick read. Spoiler alert: The author describes two techniques (mindfulness practices and self-directed EMDR) that help him with his misophonia. Interesting ideas, but not quite something I feel will work for me. The validation of "I'm not the only one" was the most worthwhile aspect to this book. For three bucks, this book was worth it; had I paid ten, I would have felt ripped off.

From what I read, Joey went to great lengths to deconstruct, analyze, study, rationalize etc etc with his misophonia and later realized that that was the worst thing he could have done! Instead he experienced the root source and made up his own reprogramming strategies that worked for him. Obviously remaining well studied and accurate is important to Joey as he studied the science behind his self taught techniques, which is what makes this book impressive. Not sure if a how-to guide to misophonia will work for everyone- I think perhaps experiencing one's own emotions (almost said problems-argh don't argue with your limbic system!) will bring about their own nuances and different discoveries to Joey's. However Joey has made an important first step that we all can learn from.

SUCH amazing insight into a horrible condition. Will it work for everyone? Of course not- nothing works for everyone. However hearing about what has worked for others, and how to conceptualize this problem, is very valuable, and will definitely serve as a piece of the puzzle. THANK YOU MR. LOTT!!!!!!!!!!

Great book, but the author should make a longer version and explain how he managed to overcome his sensitivity. This is really needed and I hope the author reads this and will concern onto doing a greater book that could become revolutionary for the major population with sound sensitivity.

Encouraging to see that there is possible help for this little known and terribly misunderstood problem.

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