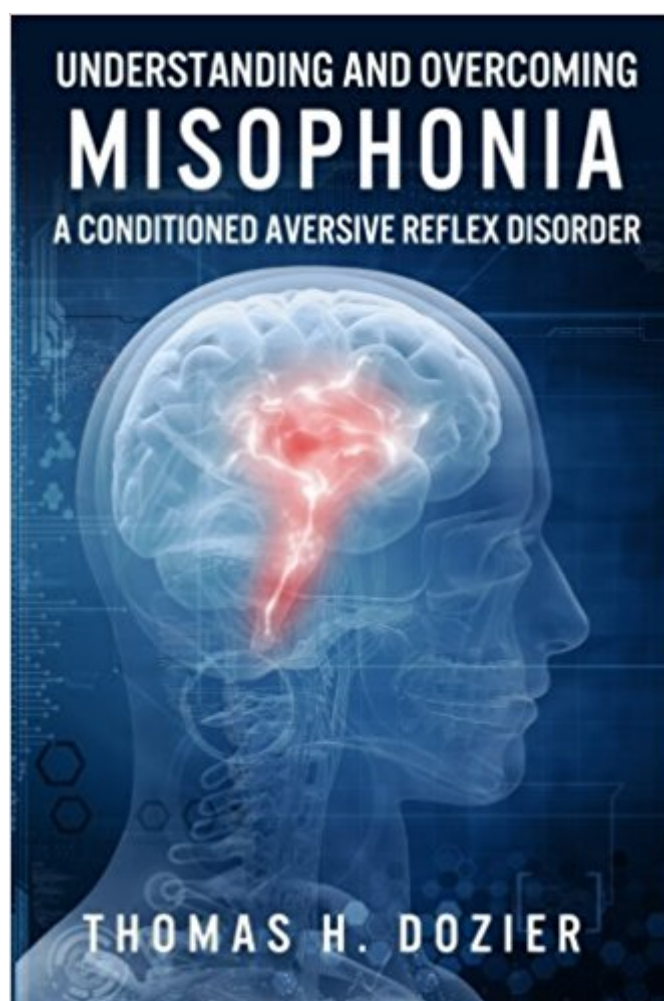


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# Understanding And Overcoming Misophonia: A Conditioned Aversive Reflex Disorder



## Synopsis

DON'T BUY this version. 2nd Edition is now available. Search for 'Understanding Misophonia' Does the sound of other people chewing fill you with rage? Do certain sights and sounds make you crazy when they don't bother anyone else? If so, you are not alone. Although rarely known, misophonia is quite common, and there is hope. Are you tired of misophonia ruining your life? Are you ready to tackle your misophonia (or help a loved one)? If so, this book is for you. Misophonia is a neurological condition where a person has a strong emotional response of anger or disgust to specific sounds. For some, it might be hearing someone chewing. For others, it is the sound of sniffing or breathing. Many people also have the misophonic response to visual triggers such as seeing someone chew gum. With misophonia, a person has specific soft sounds (and sights) that they cannot tolerate. Misophonia can be upsetting and annoying, or it can be a debilitating condition. It may vary in intensity but generally gets worse with time. There are important management techniques that are helpful to almost everyone. Although there are no proven treatments that work for everyone, there are treatments that work for many. With proper management and treatment there is hope for reducing the horrible effects of this condition. This book will help you understand what this mysterious condition is doing to you, or help you understand what someone close to you is experiencing. It explains how misophonia develops and expands with time, and why those little sounds cause a person SO much distress. It also gives you many techniques that will help you manage this condition and explores the existing treatment options. With proper management and treatment, you can greatly reduce the effects of misophonia in your life. Developing misophonia has been a journey. Overcoming misophonia is also a journey, and it is a journey that can provide much relief for this horrible condition.

## Book Information

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## Customer Reviews

Thomas Dozier MS, BCBA, began studying misophonia in 2012 after attempting to mitigate its damaging effects in families (his daughter and grandchild have it). Little research was done on the condition at the time. He has since paved the way in understanding this mysterious condition and providing relief to those diagnosed with it. He is the founder the Misophonia Treatment Institute and the creator of the Trigger Tamer apps. His previous publications explain the origin and development of misophonia.

Answers that explain the rage I experience when I encounter particular trigger sounds, as well as coping mechanisms. I'm thrilled to learn that I am not alone and that research is being done to assist those of us who suffer from misophonia. For those of you who suffer from our episodes, this book will help you understand that we are not in control of these reactions. Easy and quick read. Extremely thankful to have run across this.

This book gave me a better understanding of my daughters condition as well as possible treatments. We were struggling with this affecting our life as a family and could not understand why it was only happening when her twin "smacked" her food or the way she types on iPad or smart phone. The book clearly explained that this is very common and the emotional response is not intentional. I am so thankful for this information, it may have saved our family unit.

Paperback book, came in great quality. I can't wait to read it because I have this problem and I want to know as much about it as I can. Shipping took around 2 weeks.

Excellent summary of Misophonia! Complete, easy to read, and hopeful. Information is so much better than anything else I have found on the internet (with the exception of Tom Dozier's website.) So grateful to have found it!

This book by Tom Dozier is SPOT ON! In fact, I am purchasing additional copies for family members. If you have Misophonia.....you need this book.

Very good book; informative and easy to read. Dozier presents lots of information on misophonia, from symptoms to possible treatments and coping mechanisms. I would definitely recommend this for anybody with misophonia or those close to people that suffer from misophonia.

The techniques described in this book have made a world of difference for me. I just moved to a neighborhood full of barking dogs. I've been practicing the relaxation every day; now when I hear the barking, I'm able to relax and continue on with what I was doing. I'm so grateful for this book!

Lots of good information. I haven't made a commitment to try Tom's trigger tamer. He is really good at getting information about Misophonia out there. I wish him success in all he does. My niece also has Misophonia. So I passed this book on to her.

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