



# Living with Tinnitus: Dealing with the Ringing in Your Ears

*Richard S. Hallam*

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# Living with Tinnitus: Dealing with the Ringing in Your Ears

*Richard S. Hallam*

## **Living with Tinnitus: Dealing with the Ringing in Your Ears** Richard S. Hallam

In this book, the author explains how sufferers from "ringing in the ears" can learn to tolerate the noises in their heads until they become no more distressing than the sound of breathing. This book aims to provide factual information to those people whose problem is not taken seriously as a life-threatening form of illness and explains a psychological approach to tinnitus annoyance, to help readers investigate their own problem. It will also help them to evaluate the different treatments currently on offer. The author has spent many years tackling this problem and this book is the product of eight years research and counselling during which time he has experienced many dramatic changes to patients who felt that tinnitus was eroding their quality of life.

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