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Understanding And Overcoming Misophonia, 2nd Edition: A Conditioned Aversive Reflex Disorder



Synopsis

Is Misophonia Ruining Your Life? The 2nd edition includes recent research of brain imaging studies and physical response studies of individuals when triggered. It includes over 50% new information compared to the first edition, including more management techniques, personal stories of individuals with misophonia and their families, treatment techniques for young children, and data on a treatment that reduces misophonia severity by 50%. 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 not well 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. Recent brain imaging research indicates misophonia is a "soft-wired" neurological condition where a person has a strong emotional response of anger or disgust to specific sounds. The brain of a misophonic person being triggered does respond differently than someone without misophonia. The fMRI images are included. Triggers for some might be hearing someone chewing. For others, it is the sound of sniffling or breathing. Many people also have visual triggers such as seeing someone chew gum. There are a lot of common triggers, but there are also some that are very unusual and unique. Almost any sound or sight can be a misophonia trigger for someone. Misophonia can be upsetting and annoying, or it can be a debilitating condition. The book includes one story of getting Social Security disability for misophonia. Misophonia severity does vary, but it generally gets worse with time. There are important management techniques that are helpful to almost everyone. Recent brain imaging research indicates misophonia is a "soft-wired" neurological condition where a person has a strong emotional response of anger or disgust to specific sounds. The brain of a misophonic person being triggered does respond differently than someone without misophonia. The fMRI images are included. The good news is that "soft-wired" brain connections can change. Treatment for misophonia is still being developed and data collected. There are no published treatment studies on misophonia. 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. The book gives you many techniques that will help you manage this condition. Existing treatment options are described. There is hope. With proper management and treatment, most people can greatly reduce the effects of misophonia in their 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. It is a journey that you should start today.

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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 of the Misophonia Treatment Institute and the creator of the Trigger Tamer apps. His previous publications explain the origin and development of misophonia. In 2016, he founded the Misophonia Institute, and 501c3 non-profit, public benefit corporation for promotion of misophonia awareness and research. Tom serves as the president. Tom has continued his research on misophonia. At the time of publication of this book, he has one journal article being formatted for publication, one journal article under peer review, and is engaged in a research study to provide empirical evidence of the misophonic response to triggers. ... Tom also works as a parenting coach and child behavior expert, which is particularly valuable to families with young children with misophonia. --This text refers to an alternate Paperback edition.

Has most recent findings of this rare condition that effects sufferers interactions with family and society in general. A must read for anyone with a friend or family member who suffers with this little understood condition.

This is a very well written and well-researched book. Tom Dozier has dedicated at least 5 years searching for the causes of Misophonia. There is great validity to his hypothesis that it is a learned and conditioned reflex disorder. The jury is still out for me whether there are more underlying causes. Hopefully, research will tell us more and will lead to more effective treatments. There are only 2 books of note about this condition, and this is one of them.

Misophonia is hell. Mr. Dozier, thank you so much for all your efforts to understand and help with this life wrecking condition. Please Keep It Up!! Your research is helping understand, hopefully the next step is a cure.

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