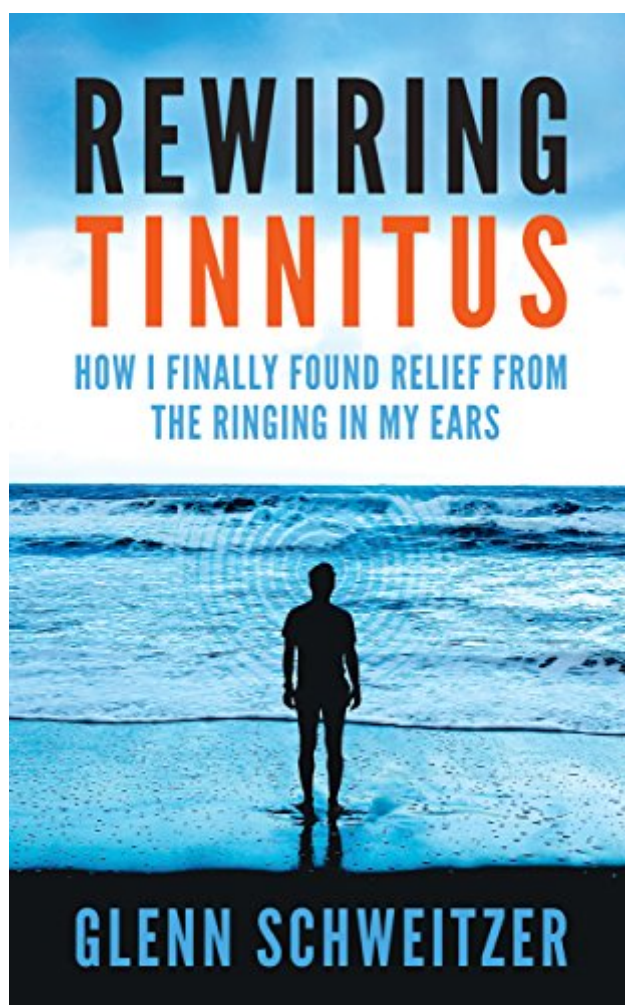


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# Rewiring Tinnitus: How I Finally Found Relief From The Ringing In My Ears



## Synopsis

COMES WITH FREE TOOLS AND BONUSES!! If you suffer from tinnitus, there is so much hope! There may not be a cure, but you can get to a place where it stops bothering you and dramatically improve your quality of life. This is not your typical tinnitus book offering some "miracle cure". It's about changing your emotional, physical, and psychological response to the sound, with actionable techniques and specific exercises, so you can finally start to tune it out. It's about tracking your diet, lifestyle, environment, and health to identify exactly what causes your tinnitus to spike. It's about improving your overall health, getting better sleep, and reducing the massive amounts of stress and anxiety that tinnitus sufferers deal with on a daily basis. Too many people have been told they just have to "live with it." Too many people have been let down by emotionless doctors and "conventional" or "false" treatments. Too many people have suffered for far too long. It's time for a change. It's time you found relief. Glenn Schweitzer was 24 years old when a rare, incurable inner ear disorder caused him to develop severe tinnitus. It disrupted nearly every aspect of his life. But today, his tinnitus no longer bothers him at all. Completely by accident, he stumbled on to simple techniques that radically rewired his mental, emotional, and physiological response to the sound. Through Glenn's terrifying, yet inspiring story, and with dozens of actionable techniques and tools, you can finally find the relief you deserve, too. You will learn specific techniques to reduce your tinnitus, as well as concrete steps to dramatically improve your quality of life. It may not go away entirely, but it can stop bothering you. There isn't a cure for tinnitus, but there is a way forward. You can live in harmony with the sound.

## Book Information

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## Customer Reviews

There are lots of snake-oil salesmen out there when it comes to tinnitus--people who have a magic herb or DVD set or crazy practice that will supposedly "cure" the ringing in a tinnitus sufferer's ears. Schweitzer, though, is the real deal. Although no pill can "cure" tinnitus, meditation and yoga and other practices that help settle the nervous system can make tinnitus more handleable. And Schweitzer has discovered a form of meditation that can help the sufferer befriend the tinnitus, and so can calm the fight-or-flight mechanism that makes tinnitus so miserable. The idea of befriending the ear-ringing is not new; it's in line with the ideas of probably the most thoughtful tinnitus therapist, Julian Cowan Hill. But Schweitzer presents a concrete way to integrate this approach into meditation practice. And his book has plenty of other sensible tips and advice, all with an upbeat tone that nicely counteracts the myth that tinnitus is a lifetime sentence and there's nothing a person can do about it.

Lots of interesting ideas. Takes a commitment to practice what he suggests that I haven't had the time to try yet. I think many of the ideas are good and given that there is not a cure for this I plan to try his plan!

Good book on how to deal with tinnitus

I found this book to be very informative and am anxious to get started on the self help instructions described.

STILL READING , IT HAS SOME VERY GOOD INFORMATION I THINK IS GOING TO HELP ME A LOT.I'VE READ SOME THINGS THAT MAKES A LOT OF SENSE AND IT HAS A LOT TO DO WITH MIND CONTROL , DEFERENCE TYPES OF TECHNIQUES TO TRY. THIS IS THE MOST POSITIVE INFORMATION I'VE FOUND ON THIS CONDITION SO FAR

The book gave me other options to deal with my tinnitus.

I'd heard some of the things Glenn talks about in Rewiring Tinnitus before, but many of his exercises were new to me. It's a very positive, uplifting book, and I feel more hopeful than I have in a long time! I also understand tinnitus now much better than I did before, and that's helping too. I've only just started to practice the techniques but I'm determined and already beginning to feel less anxious. So glad I found this book!

After having bad vertigo that suddenly hit me in 2004, I was told by an ENT Doctor that I had meniere's disease and there wasn't anything I could do except live with it. I cut out sodium and the vertigo went away. I've had tinnitus since I can remember, but earlier this year the volume suddenly increased 4-5 times louder than normal. Last year I was barely sick, but this year it's been one thing after another and back to back (pink eye, bronchitis, flu, morton's neuroma). I thought my body was just weak and the tinnitus would calm down, but it hasn't. Just had an MRI and the only thing it showed was some sinus congestion, so there's no apparent reason for the tinnitus to remain. I searched for answers and bought a couple books on . "Rewiring Tinnitus" was one of them. This book gives me hope that I won't have to suffer for the rest of my life. It's not a cure, the author makes that clear. But the techniques he provides make sense to me and I think they will work. I've read the entire book and am now going back through it again and practicing the exercises. I will give an update later.

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