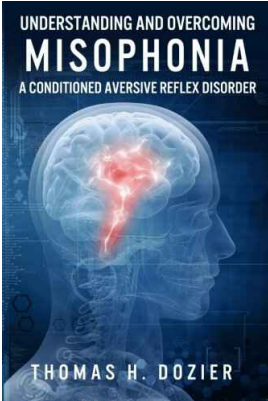


Understanding and Overcoming Misophonia: A Conditioned Aversive Reflex Disorder



Understanding and Overcoming Misophonia: A Conditioned Aversive Reflex Disorder

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9 of 9 people found the following review helpful. At Last! Misophonia is being researched!By Cindy L WicklundAnswers 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.7 of 7 people found the following review helpful. 11 year old daughter experiences triggers from twin sisterBy Sidney DickersonThis 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.3 of 3 people found the following review helpful. Can't wait to read it.By christy kennedyPaperback 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.

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 dont 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

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