



# **TINNITUS the Thief of Silence: The lonely, hidden stress of never ending sound (The Self-Help Series Book 1)**

*Rose Peters*

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Tinnitus is a very lonely condition that occurs in a certain percentage of people. It is sound, persistent and never ceasing, that only the sufferer can hear. It is not the same for everyone and can be quite disabling when it is very loud.

It is not dangerous, but is annoying and can be disabling.

It is also called a ringing in the ears and is a condition that has been known and described for a very long time. It is often associated with other conditions and the most frequently identified cause is loud external noise.

There is no cure, but there are ways to cope with it quite well and there is information in this book about how to go about help.

This book seeks to provide knowledge about Tinnitus, how to cope with it and how to decrease its effect on a sufferer's life.

There is also information about current directions in research and is now getting a lot more attention from the medical fraternity than earlier on in history.

It is a condition which is preventable in young people as damage to the ears through listening to loud music, particularly through earphones, could cause problems in later life, through Tinnitus and loss of hearing. Advice on areas of life where prevention can be practised, is included.

Mention of noisy toys and other sources of noise provide information to parents about the danger to children's ears and about preventative measures.

It is possible to get professional help and there is information about that as well.

The book aims to give practical advice and to promote knowledge about Tinnitus, its prevention and how to minimize trauma and live with it without too much disruption to normal life.

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