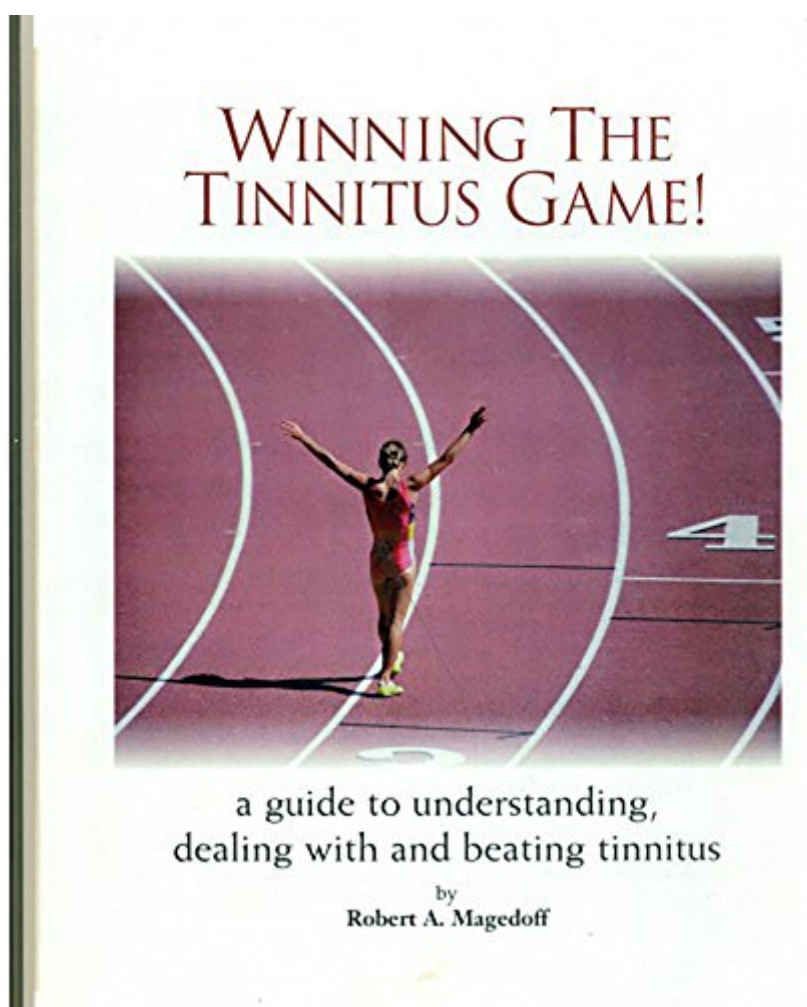


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# Winning The Tinnitus Game: A Guide To Understanding, Dealing, With And Beating Tinnitus



## Synopsis

Take control of your Tinnitus and live a more enjoyable life! This book was written by an actual tinnitus sufferer who fought his way back to life without tinnitus as he is now enjoying life tinnitus free. For over 10 years tinnitus was affecting every area of his life? It was affecting his business and work life? His social life? His family life? After everything that doctors tried and OTC products failed to do, he chose to be the one to take control and end the suffering caused by this malady. Tinnitus in itself is not a disease but rather a symptom of an underlying condition. However, physicians treat tinnitus by treating related causes or seek to mask the symptom of tinnitus through various treatment plans which is why it almost always fails. Research has discovered that Tinnitus often co-occurs with some form of minor hearing loss, likening the condition to phantom limb pain. The researchers found that a network of non-auditory structures in the brain may function as a "noise-cancellation system", effectively tuning out uninformative background noise by dampening abnormal activity in auditory centers of the brain. This is the information that guided the author to a solution. So, stop letting tinnitus control you. Be proactive and use the information set out in "Winning the Tinnitus Game" to help you, as it did him, overcome this condition. Allow yourself to once again be the master of your life. By purchasing this book you are about to discover a proven methodology on how to get rid of tinnitus for the rest of your life. Here is a Preview of what you will learn | How to find relief on really bad days What you can do in specific situations that trigger your tinnitus, like concerts, parties or trying to sleep How you can change your lifestyle to have a better quality of life in the long run What herbal remedies can help you Simple techniques you can apply at home Tinnitus in the Military/Armed Forces, nowhere is the symptom of tinnitus worse than in the military and branches of the armed forces Much, much more!

## Book Information

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