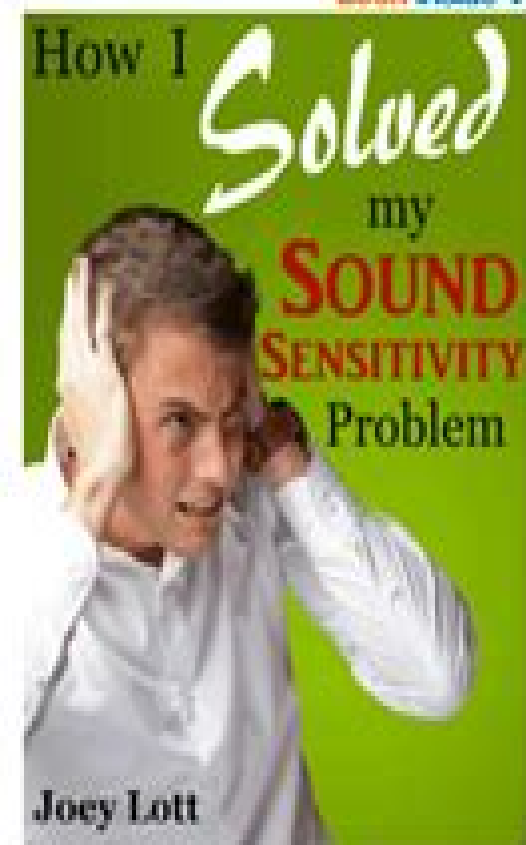


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How I Solved My Sound Sensitivity Problem (Misophonia): Or How Chewing Sounds No Longer Send Me Into a Rage Kindle Edition

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Is Misophonia Ruining Your Life?

Is your loved one's chewing driving you mad? Do you fly into a rage when you hear your child chewing gum, a co-worker crunching ice, your spouse breathing, or any other commonplace sounds? Heightened sensitivity to sound can seriously disrupt your life, but this book is here to

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How I Solved My Sound Sensitivity Problem Misophonia Or How Chewing Sounds No Longer Send Me Into A Rage

Renske Schut



How I Solved My Sound Sensitivity Problem Misophonia Or How Chewing Sounds No Longer Send Me Into A Rage:

Understanding and Overcoming Misophonia Thomas H. Dozier, 2017-03-16 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 sniffing 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 journey that you should start today **Understanding and Overcoming Misophonia** Thomas Dozier, 2015-07-24 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 rarely known, misophonia is quite common, and there is hope. Misophonia is a neurological condition where a person has a strong emotional response of anger or disgust to specific sounds. For some, it might be hearing someone chewing. For others, it is the sound of sniffing or breathing. Many people also have the misophonic response to visual triggers, such as seeing someone chew gum. With misophonia, a person has specific soft sounds and sights that they cannot tolerate. Misophonia can be upsetting and annoying, or it can be a debilitating condition. It may vary in intensity but generally gets worse with time. There are important management techniques that are helpful to almost everyone. 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. It also gives you many techniques that will help you manage this condition and explores the existing treatment options. With proper management and treatment, you can greatly reduce the effects of misophonia in your 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.

Crack Smack Punch Rachel Cinelli, 2015-12-10

Sip, gulp, gasp, chomp, smack, crack. What if the sounds of other people eating, drinking, and breathing sent you into a fit of rage? This is a peculiar yet real condition called misophonia, also known as Selective Sound Sensitivity Syndrome. Misophonia is characterized by a strong negative emotional and mental reaction to certain sounds that are considered everyday or normal. *Crack Smack Punch* is an autobiographical, introspective account of living with this life impacting condition that is not well known yet not as rare as one might think. The author takes an off-beat approach by interjecting poetry, humor, and biting sarcasm to tell the story of this perplexing condition that she calls The Curse. She shares examples of the sounds that trigger this extreme anger, explores ideas about possible causes for the condition, describes the effects on her everyday life, reveals the types of coping mechanisms she uses, and conveys her opinions about the way it is currently being treated. This book aims to enlighten those who don't understand the condition and encourage those who suffer to speak out. As people tell their stories and share their experiences, misophonia will continue to gain awareness from social and scientific researchers, and more effective treatments can be explored.

Introduction This book is a journal of the thoughts, ideas, and experiences of someone who suffers from Selective Sound Sensitivity Syndrome, also known as misophonia. If you know someone who suffers from this disorder or are curious about it, this book will give you a holistic picture of what it's like living with noise sensitivity. Misophonia literally means hatred of sound. Recently, it has been gaining awareness as a new psychiatric or neurological disorder that is rarely diagnosed. Selective Sound Sensitivity Syndrome, known as 4S for short, is a sensory processing disorder which some believe may be caused by abnormal or dysfunctional neural signals and is characterized by decreased

sound tolerance The disease is not well known and uncovering successful treatments has been challenging Two neuroscientists coined the name for this disease Pawel and Margaret Jastreboff Jastreboff is a doctor who has researched Hyperacusis and Tinnitus two other audiological diseases that have some similarities to 4S Misophonia has also been compared to phonophobia or sound phobia which is a different type of audiology disorder People who suffer from misophonia experience anger rage pain disgust or other negative emotions that are triggered by specific sounds made by humans such as eating noises and breathing noises Typical trigger stimuli include sipping chewing gum cracking or gum popping and certain repetitive sounds such as typing pen clicking and nail biting Certain visual stimuli can also be triggers such as repetitive body movements When this sensory information is processed the sufferer experiences anxiety with an extremely intense emotional desire to stop the source of the noise It is often compared to the type of torture that most people suffer when they hear the sound of nails scraping on a chalkboard The level of irritation and annoyance that they suffer from these normal noises is considered irrational and so misophonia is sometimes categorized as an anger disorder The emotional distress caused by selective sound intolerance may lead to depression decreased socialization and reclusiveness Sufferers often use headphones earplugs and white noise devices as coping mechanisms This writing is an honest revelation of the disease and the hope is that others who share it will not feel alone In turn as people grow more aware perhaps researchers doctors audiologists and therapists will have an increased interest in the subject and will spend more time researching the disease The greatest wish is for a truly effective treatment or cure to be found

Sounds Like Misophonia Jane Gregory, 2023-09-14
AWARDED BRONZE FOR HEALTH AND WELLNESS BOOK AT THE LIVING NOW AWARDS 2024 SHORTLISTED FOR THE 2024 HEALTH AND WELLBEING AWARDS BEST WELLBEING BOOK Empathetic thoroughly informative and succinct Dr Gregory will be your friendly and helpful companion in the maelstrom of living with this complex disorder Cris Edwards founder of misophonia charity SoQuiet Are you often infuriated by ticking clocks noisy eating loud breathing or any other small sounds Do you wish you could sometimes put the world on mute You might not have heard of misophonia but if sounds can send you spiralling you may have experienced it In fact it s thought that one in five of us have it **Sounds Like Misophonia** is the first dedicated guide to help you make sense of the condition and design a treatment plan that works for you Using techniques from cognitive behavioural therapy CBT clinical psychologist Dr Jane Gregory takes you through step by step exercises to change your relationship with sounds and streamline your coping strategies Alongside you on your journey is podcaster and misophone Adeel Ahmad who carries out experiments and shares case studies from volunteers around the world With humour and understanding **Sounds Like Misophonia** offers practical ways to navigate this noisy world and live a fulfilling life instead of fighting against it

Understanding and Overcoming Misophonia, 2nd Edition Thomas H. Dozier, 2017-06-23 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 sniffing 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 journey that you should start today

The Hyperacusis and Misophonia Book James a Henry, 2025-03-11

Some people have difficulty tolerating everyday sounds These people are hypersensitive to sound compared to the average person The term hyperacusis is often used to describe a sound hypersensitivity disorder Misophonia is also used but it's a different disorder There are actually five sound hypersensitivity disorders Each has unique characteristics This book explains these disorders how they differ and how they can be diagnosed and treated What are the five sound hypersensitivity disorders Loudness hyperacusis Sounds are perceived as unbearably loud when they seem normal to other people Pain

hyperacusis Sound causes piercing pain in or around the ears Misophonia Certain sounds cause emotional reactions especially sounds from the mouth and nose of others Noise sensitivity Sound in general causes irritation annoyance Phonophobia Person has excessive and persistent fear that sound will be too loud distressing or painful Who can benefit from this book The book is intended for both healthcare professionals and the general public It is written with the rigor that is required for peer reviewed scientific articles and includes over 200 references that support the text To make the book understandable to all technical and medical terms are minimized and they are explained when used page 4 of cover

More About Misophonia Renske Schut, 2020-12-09 I will kill you if you bite that apple one more time The way you eat is driving me TO TAL LY crazy OMG Stop it stop it stop it please die Peculiar thoughts Not for a misophonic Misophonia has only recently been described by the medical world and is an unknown and misunderstood disorder for many The extreme reaction to specific sounds especially mouth and throat sounds can be life disruptive Worldwide scientific research is scarce A great deal is therefore not yet known However it is evident that misophonia is a real and serious limitation and often has major consequences for misophonics and their working environment With this book Renske Schut wants to bundle as much information as possible about the disorder and treatment as far as is known She consulted scientists specialists experience experts and clinicians and wrote More about Misophonia Experience stories of misophonics and their loved ones reveal the impact on various areas With More about Misophonia the author hopes to create understanding for the people who suffer from misophonia but also for their loved ones Renske Schut is a Dutch author and a photographer She is misophonic and understands the feelings and problems that misophonia brings like no other She also wrote the book Huntington s Hell 2016 More about Misophonia is a translated and revised version of her successful Dutch paperback 2018 This handbook was featured in most Dutch media Schut was also invited to the most popular Dutch late night talkshow Pauw Misophonia - Unabridged Guide Margaret Nicholas, 2012-10 Complete Unabridged Guide to Misophonia Get the information you need fast This comprehensive guide offers a thorough view of key knowledge and detailed insight It s all you need Here s part of the content you would like to know it all Delve into this book today It is a neurological disorder characterized by negative experiences resulting only from specific sounds whether loud or soft and is often used interchangeably with the term Selective Sound Sensitivity Misophonia appears to reflect the auditory symptoms of sensory processing disorder which typically presents in multiple sensory modes but more research is needed to understand if or how the conditions may be related People who have misophonia may also be annoyed by other people s repetitive movements such as leg tapping finger tapping nail biting ink pen top or Hi Liter cap popping loud stamping and typing as well as the persistent repetition of specific words such as okay and so They expose a patient to both pleasant and aggravating sounds in the hope that doing so will reduce immediate feelings of anxiety or rage and eventually desensitise the person to the offending sounds There is absolutely nothing that isn t thoroughly covered in the book It is straightforward and does an excellent job of explaining all

about Misophonia in key topics and material There is no reason to invest in any other materials to learn about Misophonia You ll understand it all Inside the Guide Misophonia Phonophobia Hyperacusis Decreased Sound Tolerance (DST)

Thérèse Verkerke Cash,2015 Decreased sound tolerance DST conditions including misophonia and hyperacusis are emerging clinical conditions in behavioral medicine Misophonia involves an extreme emotional response often anger disgust or annoyance to specific sounds such as people chewing swallowing tapping their foot on the floor etc while hyperacusis is defined by high sensitivity to sounds below normal sound sensitivity thresholds Although research on these DST conditions is increasing clearly defined prevalence rates associations with other mental health conditions and development of assessment tools that can identify and differentiate DST symptoms are needed Research and clinical reports also suggest that DST problems are more likely to occur in individuals affected by tinnitus and that drawing upon a bio psychosocial conceptualization of tinnitus and other behavioral medicine conditions may be useful in understanding and treating DST conditions This cross sectional survey study was administered to college student N 451 and community adult N 375 samples and investigated DST prevalence rates clinical correlates and risk factors and mechanisms of action for misophonia and hyperacusis In addition the study developed and validated a new scale to identify misophonia and hyperacusis type sound sensitivity Nearly 35% of individuals surveyed reported some degree of general auditory sensitivity with 15 63% endorsing misophonia symptoms and 17 26% endorsing hyperacusis symptoms with rates depending on assessment method Moderate to strong correlations were found between DST conditions and other mental and physical health conditions including obsessive compulsive disorder autism spectrum traits anxiety depression social phobia medical conditions and somatic and neurobehavioral symptoms Mediation models revealed that the process by which misophonia symptoms become clinically significant and functionally impairing is partially mediated by amplification of bodily sensations and anxiety sensitivity Risk factors for functional impairment related to misophonia symptoms were identified in moderation analyses and included neuroticism synesthesia and sensory sensitivity An assessment instrument the DST 10 and its subscales the Loudness Sensitivity Scale and Human Sounds Scale was subjected to exploratory and confirmatory factor analysis and initial evidence for construct validity was demonstrated This study was the first to assess hyperacusis misophonia and tinnitus rates in large general population samples and provides initial support for conceptualizing DST problems as behavioral medicine conditions

Full of Sound and Fury Shaylynn Hayes,2015-08-24 Full of Sound and Fury was written by a sufferer of Misophonia in order to help other sufferers Including interviews with real sufferers the book aims to put names to a disorder that is known by few Misophonia is a neurological condition that causes a fight flight freeze response to certain audial and visual stimuli Written by a sufferer Full of Sound and Fury is a book about Misophonia s life impact It can start as early as four in the morning Your upstairs neighbor stomps his feet All of a sudden you go from being half asleep and calm to a nervous wreck You re tired exhausted and you re angry How dare he stomp around and have no regard for your feelings or personal space

Rationality plays no part with Misophonia Logically you know he has no idea how loud he s being but the response is the same Shaylynn Hayes writes about her experiences as well as others in a way that can teach the general public about the disorder as well as resonate with sufferers With a foreword and research information by Dr Jennifer Jo Brout Full of Sound and Fury is just the starting place when it comes to dealing with Misophonia In partnership with her website www.misophoniaminternational.com as well as www.misophonia-research.com Shaylynn aims to raise awareness **Sound-Rage** Judith T. Krauthamer,2013-06-23 Sound Rage is a little known syndrome known as misophonia characterized by an anger response to sounds The primer is the first scientific study of the disorder and provides compelling evidence that it is a developmental neurological disorder How the brain processes information multi sensory processing and therapies are addressed **Misophonia** Andreas Seebeck,2020-03-07 Compact and easy to understand How does misophonia develop and what can be done to get it under control Completely normal soft sounds disgust Lisa and make her angry She does not know what is wrong with her and her whole family is suffering with her Then they find out that she suffers from misophonia and that she is not the only one Many people are affected by misophonia However they often only find out much later down the road that their problem has a name It severely limits their social life and their search for help is not an easy one because misophonia is not yet widely known among therapists and in the medical community Misophonia usually begins between the ages of 8 and 12 Lisa s story is a typical one which you might identify with **Misophonia Trigger Journal** Serious Serious Business,2018-05-18 Does the sound of someone else chewing make you want to punch someone in the face You might have misophonia and you re not alone This journal is useful to write down what is triggering you so that you can make a plan for dealing with your rage and so you can avoid punching the person making the noise Whether you re going to talk to your brother about eating chips with his mouth open or you re writing about ways to move out of your apartment to get rid of the stomping neighbors above you this journal is going to help you sort out your feelings and take some action to feel better Misophonia is real and writing about it makes it better **Misophonia: A Comprehensive Examination of Auditory Sensitivity and Emotional Dysregulation** Dr. Spineanu Eugenia,2025-02-19 This comprehensive treatise on Misophonia delves into the complexities of sound sensitivity and emotional dysregulation It explores the neurophysiological mechanisms underlying this condition offering insights into the psychological and emotional impacts experienced by individuals affected by trigger sounds The treatise covers traditional therapeutic approaches including Cognitive Behavioral Therapy CBT and Exposure Therapy alongside pharmacological treatments such as anxiolytics and antidepressants Additionally it highlights innovative strategies like sound therapy and mindfulness techniques that can aid in symptom management With a focus on both medical and holistic perspectives this work aims to enhance understanding of Misophonia providing valuable resources for healthcare professionals researchers and individuals seeking effective management strategies By integrating clinical insights with practical approaches this treatise serves as a vital resource for anyone interested in the intersection of auditory processing

and mental health fostering greater awareness of this often misunderstood condition **Misophonia** Patrick

Marshwell,2022-12-01 There aren't that many research studies on misophonia for now but it is believed that about 20% of the American population may have it to some extent but it's unclear just how many really do suffer from it Misophonia is a type of disorder where particular sounds trigger negative reactions in the person The range of their reactions may simply be from feeling annoyed to experiencing difficulty in breathing It's still considered a novelty disorder so not everyone usually recognizes its symptoms and links them to trigger sounds It is also being studied if misophonia can be linked to other disorders such as anxiety disorders or tinnitus as misophonia is often common in patients with those conditions For now there is no cure for misophonia but experts are finding ways to manage them to at least help the patients improve the quality of their lives despite having the condition In this beginner's quick start guide you will discover What misophonia is all about Its symptoms and what it feels like The possible trigger sounds and risk factors A 2 week plan on how to manage misophonia How it's diagnosed and treated How to manage misophonia **Full of Sound and Fury** Shaylynn Hayes-Raymond,2021-07

Full of Sound and Fury was originally released in August 2015 with this second edition being released in July 2021 While this book provides an overview of misophonia and interviews with sufferers about their experience you may be more interested in Shaylynn's more recent works Misophonia Matters or How To Quiet Your Mind in a Loud World It can start as early as four in the morning Your upstairs neighbor stomps his feet All of a sudden you go from being half asleep and calm to a nervous wreck You're tired exhausted and you're upset How dare he stomp around and have no regard for your feelings or personal space Rationality plays no part with Misophonia Logically you know he has no idea how loud he's being but the response is the same Misophonia is a neurological condition that causes a fight flight freeze response to certain auditory and visual stimuli Full of Sound and Fury was written by a sufferer of Misophonia in order to help spread information and coping tips Including interviews with real sufferers the book aims to put names to a disorder that is known by few Full of Sound and Fury is a book about Misophonia's life impact Shaylynn Hayes Raymond writes about her experiences as well as others in a way that can teach the general public about the disorder and resonate with sufferers [More About Misophonia](#) Renske

Schut,2020-12-05 I will kill you if you bite that apple one more time The way you eat is driving me TO TAL LY crazy OMG Stop it stop it stop it please die Peculiar thoughts Not for a misophonic Misophonia has only recently been described by the medical world and is an unknown and misunderstood disorder for many The extreme reaction to specific sounds especially mouth and throat sounds can be life disruptive Worldwide scientific research is scarce A great deal is therefore not yet known However it is evident that misophonia is a real and serious limitation and often has major consequences for misophonics and their working environment With this handbook Renske Schut wants to bundle as much information as possible about the disorder and treatment as far as is known She consulted scientists specialists experience experts and clinicians and wrote More about Misophony Experience stories of misophonics and their loved ones reveal the impact on

various areas With More about Misophonia the author hopes to create understanding for the people who suffer from misophonia but also for their loved ones Renske Schut 1965 is a Dutch author and a photographer She is misophonic and understands the feelings and problems that misophonia brings like no other She also wrote the book Huntington's Hell 2016 More about Misophonia is a translated and revised version of her successful Dutch paperback 2018 This handbook was featured in most Dutch media Schut was also invited to the most popular Dutch late night talkshow Pauw Reviews on the Dutch paperback edition This excellent and well written expert and versatile publication is besides sufferers suitable for practitioners those around the patient anyone who wishes to improve understanding of this condition and for all those interested in psychiatry and psychology Dr Ben Baeter NBD Biblion This book is a must have for family members You will get a glimpse into the phenomenon of misophonia Our daughter is now 25 years old we have always given her space regarding misophonia What is described in this book has given us even more insight into misophonia While reading this book I asked my daughter if she used to feel like strangling me She answered in an affirmative way But she could never say it out loud to the mother who was dear to her but whom she wished dead now and then I am the mother of a sweet misophonic son Great book gave me a lot of information My son always has his supervisors and counsellors reading it This unique book covers everything you want to know about the condition including stories of experience Tips and tricks are shared Experiences are highlighted on both sides misophonics and partner or family members will speak It is a fascinating book not complicated anywhere and contains a good dose of humour Because of its completeness it can definitely be called a handbook Highly recommended to anyone who wants to know more about this disorder Mw M van Drunen book reviewer Hebban nl This book opened up a world for me but especially for my wife She used to tell me to act grown up or to just concentrate on something else We get along much better now she has more understanding *Wow Thanks I'm Cured* River Hansen, 2018 I have a neurological complex that makes it so many many noises typically repetitive ones make me want to claw my skin off scream and or puke Page 2 *The 4S Handbook* Duncan Alexander McKenzie, 2012 Sniffing gulping lip smacking loud chewing jaw clicking noisy breathing slurping licking fingers Aaaaaarrgggghhh When hell is the noises that other people make There are certain individuals on this planet and the author of this book is one of them who live a nightmare This nightmare occurs every day and it can occur in any place where there are other people The triggering sounds can lead to anger frustration rage depression and isolation The condition has led to relationships breaking up It has led to physical assaults It has resulted in the loss of employment It may have even led in at least one case to homicide The nightmare has a name 4S or Selective Sound Sensitivity Syndrome In this book we are going to explore the 4S syndrome and attempt to understand it better I hope it will bring some hope to the sufferer and allow them to understand that they are not alone **Misophonia: The Mental Disorder That Makes Me Hate You** Brandon Bishop, 2024-01-23 There's a very good chance you don't know what I'm talking about when I use the word Misophonia There's also a very good chance that if you do know what Misophonia is you're

probably dealing with it on a day to day basis Some of you might have spent your entire life in a constant fight or flight stance raging against loud chewers pen clickers heavy breathers and other annoying sounds Well you re hardly alone

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How I Solved My Sound Sensitivity Problem Misophonia Or How Chewing Sounds No Longer Send Me Into A Rage Introduction

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