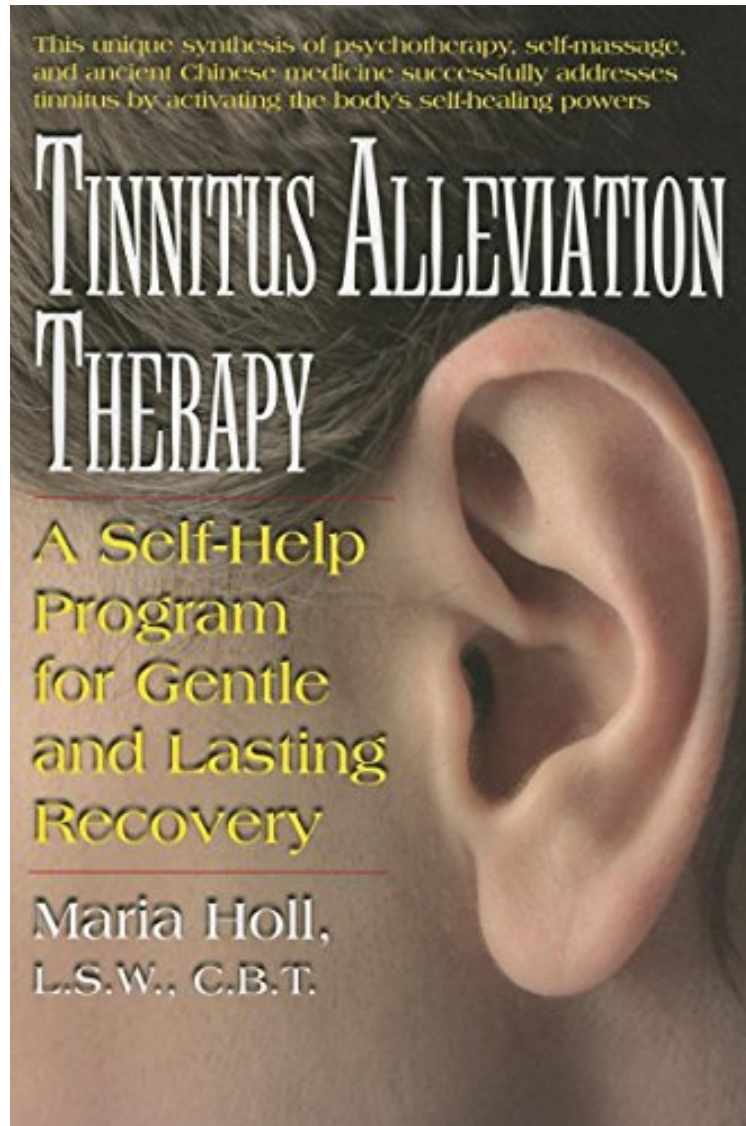


(Ebook pdf) Tinnitus Alleviation Therapy: A Self-Help Program for Gentle and Lasting Recovery

# Tinnitus Alleviation Therapy: A Self-Help Program for Gentle and Lasting Recovery

Maria Holl

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**Maria Holl : Tinnitus Alleviation Therapy: A Self-Help Program for Gentle and Lasting Recovery** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tinnitus Alleviation Therapy: A Self-Help Program for Gentle and Lasting Recovery:

1 of 1 people found the following review helpful. bottom line: it helped me. i'm suffering from ...By Customerbottom line: it helped me. i'm suffering from tinnitus for over than 20 years and none helped. i have read the book and i

was skeptical about it, as i'm experienced with "methods for tinnitus alleviation", which none helped. today, though my ears still rings 24/7, i can bare it more efficiently and it doesn't disturb me as it used to. 1 of 1 people found the following review helpful. Five Stars By womandwithdogs This is great 2 of 3 people found the following review helpful. Worth a read By Em Rushton I've heard this author speak. Yes, the techniques are based on Chinese medicine and will be strange to most Americans but if you find even a few things to help you then this book is worth the price.

Ringling in your ears isn't fun. But as people age and begin to lose hearing, the chances of tinnitus increase. The Tinnitus Alleviation Therapy (TAT) was devised by Maria Holl to help activate the patient's self-healing powers through a unique synthesis of psychotherapy, self-massage and her knowledge of ancient Chinese medicine that activates the body's energy system or chi. The series of 12 simple TAT lessons help direct chi through the body's energy channels and align the body with the earth.

About the Author Author of several books and CDs, Maria Holl has conducted individual therapy and group course in tinnitus alleviation therapy for children and adults since 1996.