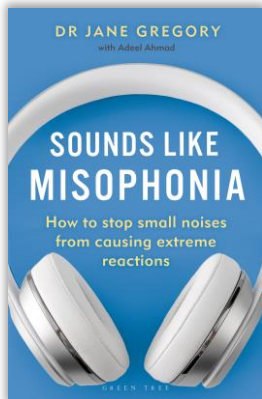


“If you want or need to know more about Misophonia or how to manage it, there is no better way than to read this delightful book” Professor Paul Salkovskis, University of Oxford and Oxford Health NHS Foundation Trust



SOUNDS LIKE MISOPHONIA

How to stop small noises from causing extreme reactions

DR JANE GREGORY
WITH ADEEL AHMAD

14th September 2023 | Trade Paperback | £15.99

Also Available in Audiobook and eBook   

The first self-help step-by-step guide to living with misophonia – the condition that you’ve never heard of, but 1 in 5 of us have - written by the UK’s leading misophonia expert.

Are you often infuriated by ticking clocks, noisy eating, loud breathing, or any other small sounds? You might not have heard of misophonia, but if sounds can send you spiralling, you may have experienced it. Nearly one in five people in the UK have misophonia to a level that they would say **sounds cause a problem in their lives**, but only one in eight people in the UK had heard of the term misophonia. That is correct, there are more people in the UK *with* misophonia than have *heard* of it.

Misophonia is a decreased tolerance to certain sounds, most commonly loud chewing, heavy breathing, tapping and rustling sounds. It can cause great distress, often putting someone into a ‘fight-or-flight’ type response including causing adrenaline rushes, increased breathing and heart-rate, as well as irritation and rage.

Sounds Like Misophonia is the first dedicated guide to help anyone who suffers from misophonia make sense of the condition and create a treatment plan that works for them. Using techniques from cognitive behavioural therapy (CBT), clinical psychologist and misophonia sufferer Dr Jane Gregory takes the reader through step-by-step exercises to change their relationship with sounds and discover personalised coping strategies. The book also contains contributions from podcaster and misophone Adeel Ahmad, who carries out experiments and shares case studies from volunteers around the world.

“Empathetic, thoroughly informative and succinct... Combining the latest in fact-based information and field-tested tools for living with misophonia. Dr Gregory will be your helpful companion in the maelstrom of living with this complex disorder” **Cris Edwards, founder of misophonia charity SoQuiet**

“An outstanding resource. The reader is navigated wonderfully through the reasons for misophonia and the ways to manage this super-guardedness for sounds” **Michelle G. Craske, PhD, Professor of Psychology, UCLA**

“A fascinating, friendly and funny book for everyone, even people like me who don’t have misophonia and didn’t know it existed until devouring this work” **Alex Horne, comedian and creator of Taskmaster**

“Illuminating and helpful. This terrific self-help book explains misophonia and details what to do about it” **Judith S. Beck, Ph.D, President of Beck Institute and Clinical Professor of Psychology, University of Pennsylvania**

“A first book of its kind. With feet planted firmly both in the emerging science of misophonia and the authors’ own personal experiences... This is a must read for people with misophonia and their families” **M. Zachary Rosenthal, Ph.D. Director, Center for Misophonia & Emotion Regulation, Duke University**



Dr Jane Gregory is a doctor of psychology, researcher, therapist and science communicator. She is currently based in the Experimental Psychology department at the University of Oxford specialising in misophonia. She is the leading expert in evidence-based strategies for misophonia and set up therapy services for misophonia within two NHS national specialist psychology services, the first of its kind. She created the website [Sounds Like Misophonia](https://www.soundslikemisophonia.com) and has misophonia herself. She has been glaring at noisy pigeons and removing the batteries from ticking clocks since she was 8 years old.

Adeel Ahmad is the host of the popular Misophonia Podcast, the only podcast about people that don’t like listening to other people. He is based in the US and has lived with misophonia since high school.

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