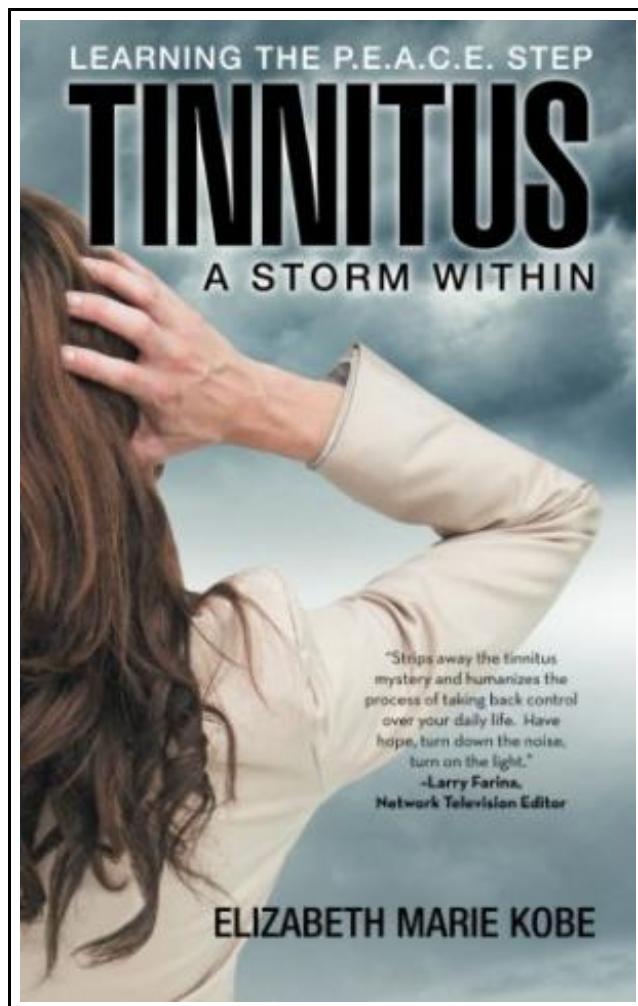


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Inspiring Voices, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tinnitus doesn't discriminate. It affects all ages, genders, and professions. Millions of people deal with subjective tinnitus sensing grief, loss, an absence of silence and peace within. There are ongoing questions that develop as to how one lives with this disorder. The broadest question is, How does a person cope and positively live with tinnitus? Learn how the P.E.A.C.E. Step increases mind control empowered by a new way of thinking over the tinnitus environment. Learn how to regain interior peace by stepping out of the tinnitus crisis and into a desired stillness. P.E.A.C.E., is a pioneering methodology introducing word distraction and inspirational quotes as tools for success to bring power, control, and redirection over tinnitus. With detailed instructions and positive reinforcement, P.E.A.C.E. challenges and motivates tinnitus sufferers to employ their minds by relying on innate discipline in ways that work. Become the master over your tinnitus and engage in life positively! Encouraging, inspiring self-help book that provides a great basis for taking control of how you think about your tinnitus. The steps outlined here are easy to remember thanks to the P.E.A.C.E. acronym and will prove to be helpful tools for people to use in learning how to cope with tinnitus stress. -Katie Fuller, Former Director of Support, American Tinnitus Association ATA Informed by years of nursing experience, Elizabeth presents tinnitus knowledge well. Her lifelong commitment to helping others overcome challenges ensures all will be helped by this book. -Donna Clair Gasiewicz, LCSW, BCD, Psychotherapist.

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