

# PRESS KIT

**Book Title: Tinnitus Toolbox Hyperacusis Handbook**

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## About Jan L. Mayes



### Bio

Jan L. Mayes, MSc, Aud(C), RAud, is a Canadian author and educator. She has the unique perspective of both having tinnitus-hyperacusis for over 30 years, and working as a certified and licensed audiologist specializing in tinnitus-hyperacusis evaluation, management, and prevention. Her career spans hearing healthcare, health and safety education, hearing conservation, and authoring horror fiction and non-fiction noise and hearing health related articles and books. Her background includes:

- 4/2019-date: Board of Directors, newsletter editor, Right to Quiet Society (registered charity)
- 2018-date: Tinnitus consultation group volunteer, British Tinnitus Association
- 2013 Eric Hoffer Award winner in Non-Fiction Health for Tinnitus Treatment Toolbox (2010, rev. 2012)
- 1994: Diploma in Adult Education, British Columbia Institute of Technology
- 1988: Master of Science (Audiology) University of British Columbia

## Production Information

Title: Tinnitus Toolbox Hyperacusis Handbook

Author: Jan L. Mayes

Published: February 6, 2019

Genre: Non-fiction health, Hearing problems

Flesch Reading Ease = 66 (reading level = age 14-15+)

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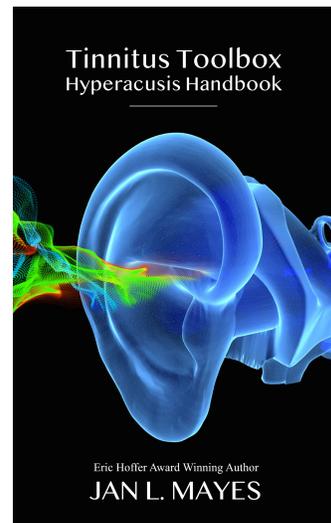
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Bookstores: Amazon, Kobo, Barnes & Noble, Apple Books

Subscription services: Scribd, 24 Symbols, Playster,

Library services: Baker & Taylor, Bibliotecha, Overdrive



## Promotional Info

- Available at NetGalley March 15-September 15, 2019 on request by educators, librarians, media professionals, booksellers, and reviewers.
- 14 day lend or borrow Kindle ebook.
- Additional discounts or giveaway events announced at [janlmayes.com](http://janlmayes.com)

## **Interview Resources**

### **What inspired you to write Tinnitus Toolbox Hyperacusis Handbook?**

I wanted to be a writer or journalist, but after getting severe tinnitus from a serious car accident in 1986, I switched to audiology and hearing healthcare instead. Hoping to find answers to for my own tinnitus distress. I wrote this educational book to show all the new coping tools, new tech, new treatments, new products, and new services now available to help people cope better.

### **Do you have any other hearing issues?**

As well as persistent constant tinnitus, I've had sound sensitivity or hyperacusis forever, mild hearing loss, and moderate problems understanding speech in difficult listening situations.

### **How is Tinnitus Toolbox Hyperacusis Handbook different from other self-help books?**

It includes options that don't rely on hearing or sound therapy for people in the hearing loss or Deaf communities. As well as covering self-help coping tools and how to use them best, it also covers guided self-help, professional treatments, clinical trials, and experimental research.

### **Why is tinnitus-hyperacusis education important?**

People are still being told nothing can be done or not told about available options. Cure sales and scams are targeting people with tinnitus-hyperacusis. Hearing health related consumer products have high defect rates where products don't work as claimed. I think it's important people get fact-based information.

### **Is Tinnitus Toolbox Hyperacusis Handbook for the general public or for professionals?**

Both. It's written to be easy-to-read and understand for people aged 14 to 15 and older (Flesch Reading Ease = 66). For professionals, this book is a comprehensive resource

to increase their clinical knowledge and support recommendations and counselling information.

## Awards and Media Reactions

Tinnitus Toolbox Hyperacusis Handbook won an award as a finalist in the 2019 Health: General book category.

International Book Awards



Recommended. Mayes believes in making informed decisions about techniques, products, and services, and this book makes it possible to sort through the options with ease and begin building a toolbox that is effective and empowering.

US Review of Books



A wonderful opportunity to get in-depth information about past, present, and potential of future developments about this topic.

A. Lafargue, Aud(C)

This book is a must read for anyone with tinnitus or hyperacusis who has been told they “have to learn to live with it”.

A. Van Maanen, Aud(D)

I cried, laughed, and loved Jan through the whole read...I’m not alone or crazy. I know there is a massive toolbox for me.

G. Slater, Advance Review Copy reader

I recommend this book strongly. This book is incredibly comprehensive; basically a lifetime's worth of hard work studying. It's a compilation of every fact of the matter, as well as personal insights. This toolbox is really helpful.

Terje Olsen, NetGalley Reviewer

## Excerpt: Tinnitus Toolbox Hyperacusis Handbook

Many tools today are not the same even as recently as ten years ago. When my tinnitus was the most distressing in the 1980s, there was no internet and tech was analog with

horrible sound quality and limited features. No eHealth, telehealth, or online courses and programs.

Aids and devices have been transformed by digital tech into good sound quality products with many helpful features. Combination HAs are much better than past wearable tech, and will only improve as manufacturers add and update features over time.

Mobile apps and wireless connectivity are some of the biggest changes, and in my opinion, some of the most helpful. They make it easy to find and use your favourite sound type, or help you with cognitive, relaxation, distraction or guided imagery exercises while on a waitlist, or to keep up routines during and after therapy.

In my opinion, the best apps for tinnitus-decreased sound tolerance will have different sound options, and mind therapy options will be text based and/or open captioned as well as having trained speakers with deep distinct voices for the audio. Options could include:

- Tinnitus-hyperacusis learning
- Cognitive techniques
- Deep breathing exercise with visual indicator for inhale/exhale timing
- Relaxation techniques, e.g. progressive muscle relaxation
- Meditation and mindful meditation techniques
- Guided imagery
- Relax and sleep sounds, e.g. white, pink, brown noise, nature sounds
- Relax music, e.g. no percussion
- Sound mixing and sound libraries
- Peer support online

Over time, reading materials have evolved to include ebooks. Cards and games are now on apps, gaming systems, and online games. Black and white TVs have evolved to Smart TVs. Rotary phones to smartphones. Tape cassettes and Sony Walkmans to LPs, CDs, and digital music.

Entertainment now includes podcasts and YouTube videos. People around the world can socialize with each other using email, texts, Facebook, Twitter, and other social media that also continues to evolve over time.

Tools in your toolbox will reflect these changes and technology upgrades. We don't know exactly what future tech will look like yet. But it will definitely change the tools in your toolbox.

This book can't describe every tool in the world. There are always new products, technologies, and techniques targeted to people with hyper ears. Different countries have different tools available.

When you see or hear about a new tool, is there any science to it? What specific features does it offer? Was it developed by somebody with skills and experience in hyper ears management?

What coping tool category or categories does it fall into? Sound, mind, or body therapy? Something to help you sleep better? A different way to protect your hearing? A safe alternative approach?

Does your GP or ENT think it's medically safe for you to try? What does your audiologist think? What is your cost-benefit analysis?

[End of Excerpt]

*“New tools, new tech, new treatments, new products, new services. I come from the Dark Ages of the 1980s when nothing could be done. Now something can be done.”*

*Jan L. Mayes (2019)*