



# How to Manage Your Tinnitus: A Step-by-Step Workbook

*PhD James Henry, AuD Tara Zaugg, PhD Paula Myers, PhD Caroline Kendall*

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This is a self-help workbook that is intended for use by patients or by anyone who is bothered by tinnitus. It accompanies the two Progressive Tinnitus Management books -- the Counseling Guide and Clinical Handbook for Audiologists. This third edition of the workbook has been extensively revised and expanded to include new sections describing key components of Cognitive-Behavioral Therapy (CBT). A CD and DVD are included.



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