

SOUNDS LIKE MISOPHONIA

How to Stop Small Noises from Causing Extreme Reactions

by Dr. Jane Gregory
with Adeel Ahmad

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The first self-help step-by-step guide to living with misophonia – the condition that you’ve never heard of, but 1 in 6 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. One in six people in the US have misophonia to a level that they would say **sounds cause a problem in their lives**, but only one in nine people in the US had heard of the term misophonia. That is correct, there are more people in the US *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. 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.

About the Authors

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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