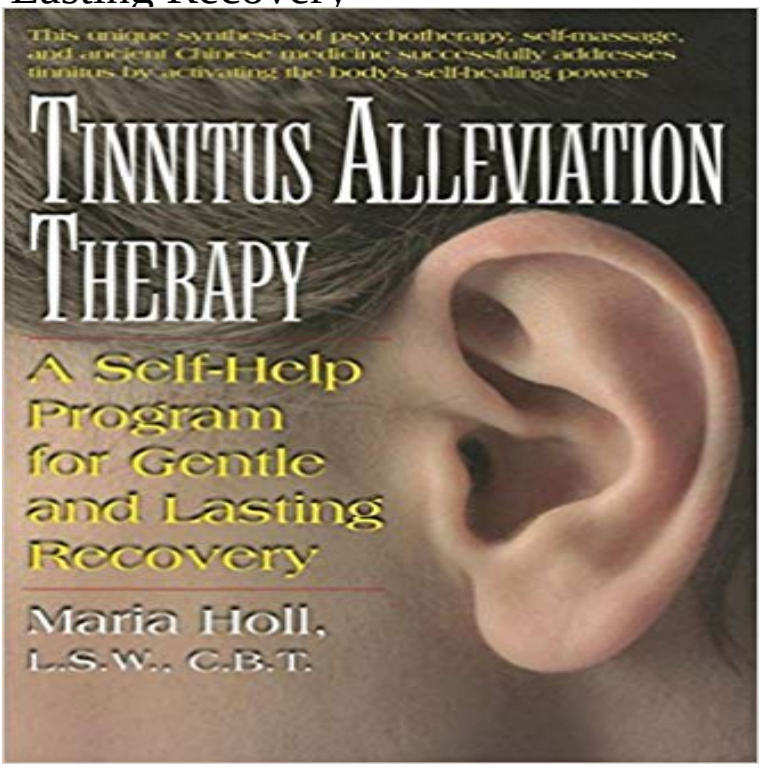
Tinnitus Alleviation Therapy: A Self-Help Program for Gentle and Lasting Recovery



Ringing in your ears isnt fun. But as people age and begin to lose hearing, the chances of tinnitus increase. The Tinnitus Alleviation Therapy (TAT) was devised by Maria Holl to help activate the patients self-healing powers through a unique synthesis of psychotherapy, self-massage and her knowledge of ancient Chinese medicine that activates the bodys energy system or chi. The series of 12 simple TAT lessons help direct chi through the bodys energy channels and align the body with the earth.

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