

"Anton Stucki provides practical exercises and tools that will enable you to retrain your ears to hear better and listen with joy to what is meaningful in your life."

—VATSALA SPERLING, M.S., Ph.D., PDHom, CCH, RSHom,
author of *The Ayurvedic Isolation Diet* and *Classic Tales from India*

Through hearing we are connected with everything that surrounds us. Yet millions of people suffer from hearing loss, which disrupts this special connection with our surroundings as well as friends, loved ones, and coworkers. Onset hearing loss and other conditions of the ear canal, such as tinnitus, industrial hearing loss, and vertigo, are not part of our normal physiological aging process. The brain has a natural ability to compensate for hearing loss, even in situations with loud background noise. As we age we lose this adaptive ability.

In this step-by-step guide, author Anton Stucki explains his revolutionary hearing recovery system, complete with detailed instructions for 20 simple, practical exercises you can do at home to train your senses. Drawing on multiple disciplines, the author eschews the notion that physical damage alone is responsible for hearing loss. He shares stories from people who used this method to compensate for deafness in one ear, even after multiple unsuccessful surgeries, and others who have been able to ditch their hearing aids completely as well as the positive effect restored hearing has for patients with dementia and Alzheimer's. The program does not regenerate inner ear growth directly—the practices work by developing and training your perceptual system to be able to grasp whole meaning from incomplete or partially understood information. This unique system helps to establish contact with the inner self and enhance the brain's self-regulation of the five senses.

The author reveals how onset hearing loss can be a manifestation of an inner state of imbalance, often driven by trauma and stress, and how finding the "triggering event" stored in our bodies and dissolving the trauma surrounding it can help restore your hearing. Offering a way to reconnect with the sound environment, Stucki shows how improved hearing can restore physical, mental, and emotional balance to our lives.

ANTON STUCKI is an audio expert, well known in Germany for his hearing recovery system. For more than 10 years he has helped thousands of people restore their hearing and has trained medical practitioners and therapists to use his system. He lives in Brandenburg, Germany.



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