

RewiringTinnitus

FIND LASTING RELIEF FROM THE RINGING IN YOUR EARS!



1-ON-1 TINNITUS & HYPERACUSIS COACHING

APPLY TODAY AND RECIEVE A FREE 45-MINUTE CONSULTATION ZOOM CALL!

Over the last 8 years, Glenn Schweitzer has worked with more than 1000 tinnitus sufferers one-on-one, helping them to habituate and find relief as quickly as possible. Get immediate, highly personalized support to find lasting relief from tinnitus, hyperacusis, and sound sensitivity!

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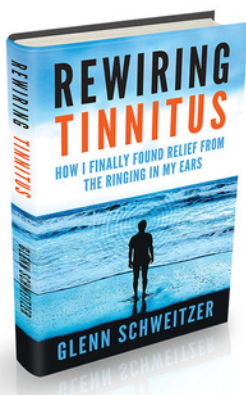


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Rewiring Tinnitus: How I Finally Found Relief From the Ringing in My Ears

by **Glenn Schweitzer** (Author)

4.1 ★★★★★

650 ratings

4.0 on Goodreads 250 ratings

TESTIMONIALS & SUCCESS STORIES

FOR REWIRING TINNITUS:

"I cannot believe the difference in such a short amount of time. A month ago everything was such a struggle, now I am feeling really excited about things again. It's so much better, I can hardly believe it. I still think about the tinnitus, but not so obsessively. And I have had moments where I didn't think about it all. I thought I would have to give up my job. I'm coping fine now and feeling so grateful!"

- **Daniela V.**

"Glenn provided the support I needed throughout an experience in which I felt like I was drowning. The simplicity of having someone that knows what you're going through, and that you can lay your thoughts and feelings onto each week was the structure I needed to get through such a frightening experience. It also provided me an avenue in which I felt like I had some modicum of control over my symptom - the ability to change how I respond to it. And through that you can begin to change how you feel about it. I've gone from being convinced that I have no future left, to hardly thinking about or noticing the symptom - and when I do it doesn't really bother me. It's not that Glenn can perform these miracles for you, but he'll provide you the support and guidance you need to make it happen for yourself."

- **Matthew A.**

"Glenn's coaching helped me turn my tinnitus from a life-ruining catastrophe to a manageable inconvenience in a matter of months. He gave me personalized and empathetic advice, explaining every step in a clear manner and keeping me motivated. He guided me to do increasingly harder coping exercises, but only when I was ready to try them, and they always brought some amount of immediate relief, so it was easy to keep progressing. I highly recommend Glenn's approach because now my brain has truly been rewired to not be bothered by tinnitus."

- **Stefano Perfetti**

"The volume of my tinnitus is much less now and I found myself marveling this afternoon at work that I could still hear it, but it was not bothering me. WOW!"

- **Elizabeth R.**

"Glenn's rewiring tinnitus program is a game changer for anyone who suffers from tinnitus. What was once a dreadful ringing in my right ear causing me several panic attacks is now just a noise that I am occasionally aware of and rarely bothered by. I am six months removed from the recognizable onset of my tinnitus. I believe I will further habituate, but the process of habituation was significantly energized by the program. I am grateful for Glenn's knowledge, patients, support, and enthusiasm to help tinnitus sufferers. Yes, we have to live with tinnitus. But thanks to Glenn it isn't a big deal. I can do everything in life I once did and do not have fear of living life normally in the future. If you are suffering, please let Glenn help."

- Ben Watson

"Tinnitus hit me so hard and came out of nowhere that I lost faith in myself. I was humbled beyond belief. I lost my superpowers: peace, quiet, and calmness. Glenn believed in me far greater than I believed in myself - and that was just what I needed. He was the friend that no one else could be during the most challenging time of my life. He gave me tools and strategies - so many that some had to work. And they did. Time is a natural pathway to habituation. It's never fast enough. Glenn, having reached habituation himself, makes the journey doable and within reach, suggesting new strategies each session. He will remind you that the journey is not up to him, but up to you. And it IS POSSIBLE to get back your superpowers. He helped me find mine again."

- Matt T.

"I first noticed my tinnitus about 5 years ago. I went into panic mode and experienced a ton of fear and anxiety about what was happening to me. I saw a couple ENT's who were not very helpful. Luckily, I stumbled upon Glenn's book in my internet searching and reading it helped me to regain some hope. I would say I habituated to the sound of my tinnitus after several months. They were not easy months. I was always afraid that my tinnitus would come back or come back louder. Well, one day five years later it came back during a very stressful time in my life. I'm not sure what exactly caused it to reappear. This time I decided to contact Glenn and sign up for his coaching sessions. This was worth every single penny. He is a beacon of light in the scary dark times of tinnitus. He provided so many tools and ideas to help me calm my nervous system which was in a "fight or flight" mode. He is kind, personable, confident, wise, compassionate, and most of all, he completely understands what you are going through.

The most amazing thing about Glenn is that he always says, "I am here if you need me." I have been in therapy for over 20 years, and I have never had a therapist say that to me. Glenn will be there for you until you habituate to your tinnitus. I am doing well now. The tinnitus seems to be gone. I don't know if it will come back. It may. But I have tools to use if it does. And Glenn will be there if I need support once again. Thank you so much Glenn for helping me and so many others."

-Noelle Mayhew

"I developed Tinnitus 4 months ago and it stopped my life in its tracks. I was in serious distress and in a very dark place, after scouring the internet for solutions I purchased Glenn's book Rewiring Tinnitus.

What I liked so much about his approach is that he tackles Tinnitus head on instead of an avoidance tactic. What I needed right at the beginning was a structured approach with guidance on what to do daily to start the healing process.

I was able to connect with Glenn very fast as he was always very responsive and set up an initial consultation. He was very knowledgeable and having gone through it all he knew what to say and more importantly what not to say. I highly suggest if you're in the beginning stage of Tinnitus get help from someone who knows about this condition because getting therapy from someone who doesn't understand may worsen your state of mind.

I had a baby that was going to be born in 3 months when I first got Tinnitus and I told Glenn this was a major area of stress for me as I wanted to be there for my family. He was very tactical about giving me meditation exercises to do daily and how to deal with the spikes and fluctuations that happen at the beginning. Glenn told me his goal was to get me habituated before my baby arrives, I personally was praying he could but at that time I was skeptical due to how bad I was feeling.

With his help, I made significant strides each month, and when my baby arrived, I was in such a better place and habituated to a degree I couldn't believe. It was very hard, and the path was not linear, but I worked every day at it and I was committed to the process. Now I am able to focus fully on my life, work and be present for my baby. I am able to sleep fully throughout the night, and habituation to the sound made it so much softer and less intrusive it's hard to believe. If you're at the beginning stage my suggestion is get help from someone who knows about Tinnitus and commit to the work to speed up habituation, stay positive it will get much better!"

- John C.

"While playing in a symphony orchestra, I suffered an acoustic trauma in the fall of 2019. This event caused a fluctuating ringing and hyperacusis in only my right ear. Some days I couldn't hear it at all and others it was all I could hear. I went to several doctors who said the same thing: your hearing is fine, but you will live with this for the rest of your life; there is no cure. Work became unbearable and I thought my life as a professional musician was over. Then I found rewiring tinnitus and met Glenn. Naturally I was skeptical at first but was willing to try anything to get relief. After our first session, I wished that I had found him years earlier. Not only did he provide numerous ways for dealing with the tinnitus and hyperacusis, but also gave me hope for the first time in years that things can and will get better."

- Greg P.

"I'd had Tinnitus for around 5 years and had always been able to manage it on my own until a random spike sent me into a downward spiral that I couldn't get out of. After trying my best to deal with this on my own, and failing miserably, I reached out to Glenn for support. This, as it turns out, was the best decision I could have made. Even from the initial consultation Zoom call I felt more at ease and most importantly like someone would finally be able to help me!

The type of tinnitus I had (fluctuating constantly, changing in sound, pitch and volume on a daily basis) made it seem like I would never be able to habituate or find relief because it was changing, like a moving target. Glenn however, helped me realize that you can in fact find relief from even this type of tinnitus.

From the overwhelming knowledge and passion that Glenn has on tinnitus and tinnitus habituation to the actual techniques that he taught me, I have finally found the most relief from tinnitus I've ever had, and most importantly feel confident in my ability to use the tools that Glenn has taught me to handle whatever tinnitus may throw at me in the future.

I couldn't recommend Glenn enough. If you are feeling like you want to give up or aren't sure what help is out there Glenn is definitely the right person for you. A huge support system as well as amazing tinnitus habituation coach - thank you again Glenn you have been wonderful!"

- Beatrice Lugli

I can't say enough great things about Rewiring Tinnitus. I came across it at a time when I was feeling overwhelmed and helpless, as my doctors merely shrugged their shoulders at my vestibular distress.

The first time I heard Glenn speak was on a panel at a VEDA conference, where one moderator talked of how her friend's tinnitus wasn't loud enough to be a big deal, and Glenn interjected, saying that no one's tinnitus is less valid than anyone else's, no matter how soft it was, or how briefly they'd had it. The struggle is real for us all!

Over our weeks of online meetings, Glenn helped me feel less alone in my struggles with tinnitus, and he opened my eyes to the reality that we CAN tune out the ringing sounds, just like we naturally tune out other things-from the tv blaring in the next room, to the conversation at the table nearby.

When all I could see was despair and loneliness, Glenn reminded me that I wasn't without hope! He introduced me to relaxation and coping techniques that have significantly helped me out of my place of fear and anxiety, restoring me to a more full and content life!

- Andrea Rice

"I came to Glenn in January 2019 when I had been suffering from horribly loud tinnitus, mostly in my left ear, for three months and I was getting desperate. My whole life had become consumed with the sound and I was doing everything possible to try and escape it, banish it and block it out.

When I first began to experience tinnitus, Glenn's blog was one of the first comforting and positive resources I came across and so, on a day of particular suffering, I decided to take the leap and I wrote to him, asking him to take me on as a client for one-on-one help. I think it was one of the best decisions I've ever made. Now, sitting in my quiet office at the end of May 2019, writing this testimonial, and not being bothered in the slightest by my tinnitus (in fact I can't even hear it right now), it's such a transformation compared to the pain and anguish I felt only five months ago.

Such rapid progress with habituation really only happened due to Glenn and his method. The meditation techniques at the heart of his method have been phenomenally helpful. Whilst being asked to actually lie down and actively listen to the sound was terrifying at first, you realize quickly that actually it can be tolerated and that it isn't going to hurt you.

When you make that realization, the fear drains away and the tinnitus is no longer the horrific bogeyman you've built it up to be in your mind and this is what Glenn teaches from the very beginning. I even began meditating with his brainwave entrainment tracks three times a day at one point as I was determined to make as much progress as possible and habituate as quickly as possible.

Eventually I made the leap into meditating in a quiet room, which was also terrifying but again, once done, was really more manageable and better than I had thought. I recently took the ultimate step to Glenn's method and meditated with earplugs in, so being in a state of complete and utter silence. To my relief and utter surprise, my tinnitus was tamed - rather than shrieking at me at the top of its voice as I expected it to do when in total silence, it merely growled at me for twenty minutes until the meditation was over.

Alongside his dedicated meditation method, Glenn's constant encouragement (and when necessary, reassurance) was fundamental to my progress and with each Skype call, he would listen to my fears and anxieties and provide his honest interpretation or give me a new exercise to help me overcome that particular challenge.

I genuinely believe he cares deeply about the progress of each and every one of his clients and this emotional support and empathy is what makes him such an asset when trying to adjust to a condition like tinnitus.

Suffice to say, I feel like I have my life back. I can go almost the whole day without hearing my tinnitus, even when I'm in quiet environments, and if I do hear it, I've become much better at just acknowledging it, shrugging, and going back to what I was doing and not letting it bother me. As Glenn coaches, noticing it and being bothered by it are two very different things.

Whilst I've made peace with the fact that I now will probably have tinnitus for the rest of my life and that experiencing the occasional spike and moments where it does bother me may happen at some point in the future, I feel that the techniques and methods Glenn has provided me during our coaching sessions will undoubtedly help me to overcome any tinnitus-related challenges that are thrown at me in future.

I've learnt through my work with Glenn that tinnitus shouldn't control you - you're perfectly capable of habituating and taking control yourself. So thanks Glenn - your help and support over the last five/six months has been truly invaluable and I recommend him wholeheartedly to anyone struggling with tinnitus and wishing to find relief through habituation."

- Daniel C

"I first experienced tinnitus in late September 2021. I had been suffering with an ear infection which went undiagnosed and led to Eustachian Tube Dysfunction.

Then the ringing started. High pitched. Constant. Loud. I freaked out at first. Couldn't sleep. Couldn't concentrate. I was in completely unknown waters. I had a bunch of tests which showed no hearing loss and no underlying issues. They told me, it may go away in 6-12 months, but it may not, and you'll have to live with it. At that point I knew I had to do something.

Went down the usual Google route and tried to avoid the horror stories. It was then I stumbled on an article by Glenn about habituation and tinnitus. It immediately made sense to me. It was logical. So I got in touch with Glenn who was so very supportive from the first time we spoke: this in itself helped.

We spent just 2.5 months working together and through his program of coping tools and the awesome meditation techniques, I have now habituated. I sleep without masking, and I simply don't register the tinnitus during the day. And if I do, it doesn't bother me.

It's still there, but I don't associate it with being a threat anymore. It's just a noise that fades into the back of my mind. I cannot thank Glenn enough. I really can't. Tinnitus turned my life upside down almost overnight, Glenn helped me get it turned back upright. And quickly. I owe you mate."

- Sam Skelton

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"I reached out to Glenn for assistance after nearly a year and a half of trying countless remedies to get tinnitus relief. I had tried almost everything to get past this issue: ginkgo biloba, ENT appointments, and saw medical professionals who were not able to assist me to the extent I needed.

When I saw Glenn, I was still in significant distress, but with 3 months of a combination of his coaching and guided meditation I have finally put tinnitus behind me. Glenn is an extremely supportive, understanding coach. As a fellow sufferer of tinnitus, Glenn understands the distress and anxiety it causes. He was always there to provide rational advice and point me in the right direction.

Even in the midst of setbacks, Glenn was able to help me frame my mindset in a positive manner. His guided meditation did wonders for me, as the daily meditation practice taught me to not fear the tinnitus, but rather learn that it is a part of me that is harmless yet meaningless sound, no different than a refrigerator noise. Through it all, Glenn kept mentioning the importance of time and for some it takes longer to habituate than others. I tended to be on the longer side, but Glenn helped me take the final steps towards achieving habituation and I will always be thankful to him for that. If there is anyone who is suffering significantly from tinnitus distress, I cannot think of a better person to reach out to for assistance than Glenn."

- N Awati

"Glenn's tinnitus coaching sessions on rewiring tinnitus were very valuable for me. During the time we worked together, I found him to be supportive, passionate and ALWAYS THERE FOR YOU!

Because he is a past sufferer, he was able to empathize and in a better position to understand. His strategies were very helpful as I navigated around the anxiety of having this dreaded condition.

He took the fear away and through his assurances, and I was able to find relief from the stress of it all. He explained and demystified the entire ordeal and provided tools on how to get past the spikes, manage this condition and work through the challenges that tinnitus poses.

Most of all, he provided tools and counsel on how to weather this disease. With his help, I'm on the road to habituation and on the journey to conquering this disease so it doesn't overcome me.

Thanks, Glenn!"

- Melody M.

"How can I thank Glenn for the change that he has helped me through? I work as a pilot, have a psychology degree, have a diploma of hypnotherapy and yet felt helpless with my experience of tinnitus as it negatively affected my life in a deep way. Glenn was amazing for me in 3 ways.

Firstly, I think his approach is based on a brilliant insight and premise; that we can't consciously self-talk ourselves out of negative associations, and Glenn clearly led me through his own (uniquely invented) process of how to shift these negative associations to literally experience the tinnitus in a different way (something I didn't think would be possible prior).

Secondly, Glenn seems to genuinely understand and care which was a massive relief to me after feeling very isolated in my suffering of this noise. Glenn generously would go over time and schedule our meetings at intervals which were genuinely best for my progress rather than for Glenn's chance to finish off my case quickly. Additionally, after each meeting Glenn would write a personalized email summarizing the meeting highlights. I really do feel privileged to have been in Glenn's thoughts for this time.

Thirdly, Glenn somehow exudes hope in each interaction I've had with him, what a gift! Thank you, Glenn, I am extremely grateful!"

- Tom Vogel

"At the end of last year, after a particularly loud concert, loud tinnitus appeared and wouldn't go away. I was at a complete loss, it prevented me from sleeping and was causing me significant anxiety and distress. I found Glenn's book and started to apply his techniques, I wrote down how it was affecting me, then got in touch and started to work with Glenn one-on-one. Glenn's approach has been brilliant, what a difference in just a few months. My tinnitus is not gone and it can still sometimes get loud on occasion but does it bother me? Not anymore!"

- Craig D

"After scouring the internet for some time, I came across Glenn's website and contacted him. Four months later, after working with him on a 1-1 basis, I am in a completely different place in terms of dealing with my tinnitus. Working with Glenn has been an uplifting experience, each session built on the advice and support provided in the previous one. As a sufferer himself Glenn was able to relate to the ups and down of life with tinnitus. He really helped me build my self-confidence and motivation to keep moving forward and develop habituation strategies. My tinnitus is still there, but it bothers me much less. I now sleep through the night and do not ruminate during the day. I'm still working to make even better progress, but I'm really back on track and getting on with my life. Cheers Glenn!"

- Andy N

"As a mid 60's male (and as someone who has never seen a psychiatrist), Glenn's sessions have been instrumental in my habituation process with recently developed tinnitus.

After having read his book, he is the only author I have ever reached out to, and it was great that I did. Beyond helping me in my early weeks of tinnitus, his methodical process helped me get to the point that I rarely think about my "buzz", learn what foods and other things trigger an occasional spike and develop a coping mechanism when they do occur. Thanks coach."

- Phil M

"With tinnitus comes feelings of panic, isolation and a certain dread of permanence. I am a hypersensitive person, so the feeling of being trapped inside my own head FREAKED ME OUT. I immediately began searching for help.

Glenn (Rewiring Tinnitus) offers valuable tools from breathing and meditation techniques to sound masking programs and brainwave entrainment sleeping aids all designed to help you COPE while guiding you to the end-goal of habituation.

Perhaps the best gift Glenn brings to his program is this: Glenn has himself suffered immensely. He has studied and overcome more than most of us will ever have to endure.

Glenn KNOWS YOUR TINNITUS and can offer feet-on-the-ground understanding along with real hope and assurances which are so critical to the psychological battle taking place. Today's doctors offer zero encouragement and a bleak prognosis- depressing!

Thank you Glenn for your sympathetic ear, your great set of self-help tools, and for your guiding light of assurance and encouragement during this difficult time. You came highly endorsed and now I know why."

- Kurtis Holmes

"I had a very bad reaction to tinnitus that started overnight. My whole life was turned upside down. Glenn was able to provide some comfort by explaining what was happening to me, and provide me with a fully detailed recovery plan.

Having a daily strategic plan really helped. He is a full stack tinnitus expert with a plethora of resources to help you cope and recover. I would highly recommend him if you're having a hard time with tinnitus."

- Chris W

"Glenn, I cannot thank you enough for both the psychological (providing "HOPE") and physical support (a broad array of coping tools and techniques) you provided from the start of my journey with tinnitus. To suggest that you were a "lifesaver" is an understatement. Our FaceTime calls were so important in guiding me through the coping process and providing me with the words of encouragement that really lifted my spirits during the "dark" times.

It was clear to me, from the outset, that your own experience with tinnitus gave you unique insights into the psychological trauma that I was experiencing and you could relate to every stage in my "dark" days and then recovery. I couldn't have done this without you!!"

-Tony Tonti

"Working with Glenn has been a sheer pleasure - he is not only exceptionally professional, supportive, and incredibly knowledgeable about Tinnitus (and coping and well-being in general), he is also really cutting-edge in terms of getting his clients up to date on all of the apps, tools and techniques now available to help Tinnitus sufferers.

Glenn was able to walk me through his program at a pace that was right for me. When I first contacted him, I felt really anxious and in dire straits about the sounds I was hearing. I was pretty frightened by it, actually. But Glenn helped me to retrain myself to not be scared by what was happening, and to instead take control of it.

I learned how to work with my Tinnitus and am now actually able to see it, when it does appear, as my body's way of telling me to slow down, de-stress, get some sleep, or whatever it is that I need in that moment. I now have a lifelong toolkit of self-soothing techniques that are so effective I am down to one or two bouts of Tinnitus a month, from it having been a daily, sometimes constant, state for me. Thank you so much Glenn, for all of your hard work and help!"

- Kathryn Sussman

"I am 29 years old and have had Tinnitus for 10 years. I have had many ups and downs over the years, and felt very much alone throughout my darkest of times.

I recently found myself at my lowest, unsure of how I would get out of it. Then, I found Glenn. To say that he has saved me is an understatement.

I know that there is no "cure" for Tinnitus, but in a way I feel as though he was a cure for me. He has taught me so many valuable tools that I refer to on a daily basis. He truly knows what he is doing and I am forever grateful for him. Thank you for bringing hope back into my life!"

- Danielle E

"I am writing to express my sincere thanks to Glenn for helping to get me out of a VERY dark place as a result of my tinnitus.

I have been suffering with tinnitus for over 10 years as a result of a loud blast to my right ear – and over the last few years my ability to deal with it had dramatically worsened. I was seeking help from anyone who might be able to provide relief – any relief.

Sadly, there was nothing out there that could help. My depression got worse and worse taking me to a very dangerous place. My life was consumed by the tinnitus and it had full control over me.

Then, with no hope in sight, I came across Glenn's book *Rewiring Tinnitus*. I cannot overstate how this book – and my regular 1:1 coaching sessions with Glenn – helped turn my life around. Glenn, a tinnitus sufferer himself, taught me habituation techniques that enabled me to take back control of my tinnitus and how to live a life with much less depression, anxiety and hopelessness around my condition.

I am a full skeptic. I was certain there was no hope. But there is. I am living proof that you don't have to live in pain. No, the tinnitus does not go away as there is currently no cure. But there are proven ways to live with it – and Glenn can show you how. You just need to commit to what he teaches you.

If you are suffering with tinnitus, and the all-consuming depression that comes with it, reach out to Glenn immediately. You will be forever grateful you did."

- John M.

"I lived with low-level tinnitus for around 10 years. It was rarely an intrusion into my life until recently when I experience a substantial spike. I was shaken; I immediately searched the internet for help eventually coming across a book by Glenn Schweitzer called *Rewiring Tinnitus How I Finally Found Relief From The Ringing In My Ears*.

The book was a godsend. Glenn, as he states in his book is not a doctor nor a medical professional, but he brings something more critical, he's a tinnitus survivor as well as being diagnosed with Meniere's disease.

Not only was the book very helpful but I went on to have one on one sessions with Glenn via Skype. Tinnitus doesn't go away but I go through my day oblivious to it.

Yes there are moments when I may become aware of it but I'm able to quickly move to non-awareness. I can't say my outcome will be same for all others, but I unequivocally recommend Glenn's book and if possible his one on one sessions."

- Mario E.

"I have lived with tinnitus for many years and was able, for the most part, to ignore the sound. However, in recent years and as I aged, the sounds became more noticeable and intense.

Tinnitus was limiting my ability to concentrate and becoming increasingly more difficult to engage in conversation and be around friends and family. I wasn't able to fall sleep quickly, I was irritable, and my anxiety and stress levels were greatly impacting my quality of life.

Tinnitus was changing me, and I needed to stop the progression. I began to research to see what I could do to stop this from spiraling out of control. All the research indicated that Tinnitus cannot be cured and so I continued to seek remedies for what I could do to minimize its impact on me.

I came upon a book, "Rewiring Tinnitus" by Glenn Schweitzer. After reading Glenn's book, I felt somewhat relieved that maybe there was a way to live with tinnitus and it not being the center of my life. The book talked about how "Habituation" could help me learn to live a better life, despite having tinnitus. I had hope!

Glenn also offers one-on-one coaching to help people learn techniques used in his book to cope with tinnitus. I contacted Glenn and arranged for 7 coaching sessions. Glenn worked with me to develop a program designed to fit my lifestyle around 'Habituation'. The processes of Habituation include Guided Meditation, Brainwave Entrainment for relaxation, sound making audio to help you sleep and minimize the effects of spikes, and more. Glenn explained that using and practicing these techniques would help me through my anxiety, better manage spikes and help me sleep better.

Since completing the program, I have developed the confidence to continually respond to my tinnitus by 'rewiring' my perception of the sound and using the techniques I've learned. I am now better equipped to respond quickly to minimize spikes and my sleep has greatly improved. Glenn's coaching, techniques and encouragement have given me back my old self and not let tinnitus run my life."

- Pete B

"I would say I had very disturbing tinnitus. I found it very hard to mask it at all. Would only be able to get it down from 10 to 9. When I first started working with Glenn, I began to use Glenn's guided meditations.

I quite quickly noticed improvements. Tinnitus didn't bother me so much. Started having more and more time not masking. Started to enjoy silence again. I would fully recommend Glenn's coaching sessions! Meditation is now a part of my life. Thank you Glenn for giving me my life back."

- Tessa Lovell

If you do the work, you will find results! I've lived with what I call chronic tinnitus for 5 years. In the fall of 2020, the end of my rope was starting to strangle me with despair, anxiety, frustration, and the start of thoughts like, "What do I have to look forward to living day in and day out with tinnitus?"

Two years ago I purchased Glenn's book, *Rewiring Tinnitus*. I read it front to back - twice, I didn't get it. Habituation? What is that? I followed Glenn's website. Then I listened to a podcast episode that featured Glenn titled *Tinnitus, Hearing Loss, Musicians, and Hope*. Something clicked, I CAN have hope. With a Tinnitus Coach.

Needless to say and quite honestly I signed up immediately. Dedication to doing the work is essential, Glenn will be there for you every step of the way. His encouragement and desire for you to succeed are of utmost importance. He is professional, has a plan of action personalized for your life with tinnitus.

I no longer feel the end of the rope is strangling me, it's gone!

- Laura S.

"For anyone who has recently been diagnosed with tinnitus, I recommend reaching out to Glenn as soon as you can for the following reasons:

- (1) Glenn has had it himself and therefore he understands how you feel.
- (2) Glenn offers a clear and structured "game plan" to help you manage and tackle obstacles associated with tinnitus.
- (3) Glenn can help you realize that you are not the first person to have this condition and the pathway to habituation is possible and predictable.
- (4) lastly, and most important to me, Glenn provides hope to someone new to tinnitus that you can manage, tackle, cope and habituate to tinnitus and be yourself again (stronger for having learned to deal with it)."

- J Thieman

"After developing tinnitus earlier in the year, and trying numerous different things which all proved ineffective, I had the good fortune of meeting Glenn. After reading his book and learning of his personal experience with tinnitus, I began coaching sessions with him and practicing the different routines he recommended. Although, I'm not fully habituated yet, I have made significant progress and have gotten my life back! I owe him a lot and recommend him very highly. Thanks Glenn!"

- Jason P

"I was in a bad place when I found Glenn and Rewiring Tinnitus. Woke up on a Saturday morning at the end of January with my whole world turned inside out.

As an audio engineer and musician, hearing, critical listening and music are literally my life. My ears are the essential tool in everything that I do for a living as well as for pure enjoyment. Suddenly I could no longer hear any low frequency sounds.

Human voices sounded wrong. Radio, TV and pretty much any type of reproduced sound was thin and distorted, completely unlistenable! My world no longer sounded "normal" at all. This was a nightmare!!

Trips to the ENT and other doctors really didn't offer any answers or solutions. My hearing tested in the high normal range, yet I couldn't hear "normally"!! I became so distraught that I ended up in the hospital with stress -induced high blood pressure. (233/117)

As if this wasn't bad enough, a month after my hearing issue began, I awoke at 2 AM with severely elevated tinnitus! My ears were screaming so loud I couldn't concentrate, think clearly, or even function normally. It just wouldn't stop or ease off. The noise was as loud or louder than my own voice in conversation.

Visits to more doctors and specialists didn't really help, and I was told that there was really nothing that they could do to treat this condition. The actual diagnosis was "life altering & debilitating Tinnitus". Same for the hearing issues.

No obvious causes were found. Any web searches for insight into these conditions yielded nothing but ever more frightening prospects. I found no real hope of relief.

After several months of suffering, I came across an interview with a musician who had similar tinnitus and his coach whose program helped him to reach a state of habituation in a reasonable timeframe. This coach was Glenn, and the program was Rewiring Tinnitus. I was a bit hesitant as I'm skeptical by nature but decided to reach out and ask about his coaching process. What did I have to lose?

Glenn replied back quickly with info about his process and approach. He was upbeat and most importantly had a plan of how to handle this noise, become habituated and able to have a normal life again. The best part was that he offered hope, a plan, and assurance that something could be done!

I took a little more time to research and agreed to work with Glenn. His approach is unique and quite effective. He has been through a similar situation himself so he knows what this experience is like and how devastating it can be.

It felt good to be actively doing something to improve my condition at last. Glenn was very practical and realistic about what would happen, and how to help me get to where this condition no longer ruled my life.

His process gave me a plan and belief that things would get better, and they DID!! I began to find real relief and less than 4 months later I am habituated!

Don't misunderstand; the noise isn't gone, it's just no longer dominant and scary. I simply don't notice it most of the time. When I do notice it, I don't have the extreme reactions and fear like I did before. I know it will get better because it has gotten better. And it does.

Glenn provided and taught me various tools to continue using for the occasional spikes or sleeplessness that can occur. I am able to enjoy life again, and no longer suffer with tinnitus thanks to his process.

Tinnitus no longer dominates me! As far as my hearing, it eventually returned to normal slowly over the past 8 months. I finally found a combination of natural and medical practitioners who were able to help with support and changes needed to bring me through that part of the journey.

The mind and body are definitely connected, and Rewiring Tinnitus has been a huge part of my overall recovery and healing. In fact, I'm certain that I wouldn't be healed as I am now without Glenn and the Rewiring Tinnitus program.

I highly recommend Glenn and Rewiring Tinnitus if you suffer from this condition. His process works, all you have to do is follow the steps. In a very real sense, he helped save my life. I can't thank you enough Glenn!!

- Barry Sanders

(Continued from above - A message from Barry Sander's wife, Becca Sanders:)

"I want to add my thanks and appreciation to that of my husband's. When Barry first started having major problems with his hearing, we didn't know where to turn.

We saw specialist after specialist, and nobody could tell us what was wrong let alone why. Some even told us there was nothing wrong. He was terrified that there was nothing he could do. And I was lost because I couldn't fix anything for him.

It was devastating to watch someone I love lose something that is so important to him for both work and play. It wasn't until he started working with Glenn and Rewiring Tinnitus that we finally started to see some improvements.

Finally! Somebody who not only understood and believed us but had strategies on what steps needed to be taken to move forward. I will be forever grateful to Glenn for all the support and assistance he has provided to Barry in listening to his struggles and working with him to overcome them."

"A year ago, I experienced sudden sensorineural hearing loss in both ears accompanied by severe, multi-tone tinnitus, as well as phantom voices and music. To say this was distressing is an understatement. There were many times when I was on the verge of panic, and given that there is no "cure" or fix for tinnitus, I could not imagine how I was going to manage.

Fortunately, about 6 months ago I discovered Glenn's book "Rewiring Tinnitus" which offered hope. I started following his suggestions about using meditation to help me habituate to the sounds, and I also did the coaching program with him through videoconference.

I am happy—and grateful—to say that I now go through each day hardly noticing my tinnitus. I have also learned how to calm my tinnitus if it gets louder or more annoying.

Glenn provided a wealth of valuable information, tips, resources, and support that, combined with my persistent effort, have completely changed how I experience each day. Thank you Glenn!"

- Mark R

"Glenn's tinnitus habituation techniques really work, and they help a lot.

I am a professional musician who has developed some hearing loss, especially at 12,000 and 4000 hertz, which seems to be the main reason for my tinnitus.

Glenn's meditation, mindfulness, and breathing techniques along with his various blog posts, his book, and a few techniques borrowed from other meditation and health teachers are put in an order in which during a few months, if you do the daily work, you can really become habituated enough to the tinnitus that it is not very bothersome at all.

Since there is no cure for tinnitus and it can't really be turned off, it has been really helpful to follow the Rewiring Tinnitus protocols Glenn has developed. I have gone from fear and serious annoyance to no fear, and at most, a minor bothersome thought of, "oh here's that again, let me do the things that make this tolerable."

Glenn can teach you how to do this and the net result seems to be that this ringing in my head will not really bother me, and it won't keep me from enjoying my life.

Glenn and his Rewiring Tinnitus protocols basically make the issues of tinnitus small and negligible enough that they will no longer affect your life negatively.

That's a huge deal, and so I recommend this training to anyone who suffers from tinnitus, hearing loss or any of the related issues."

- Gerald S

"Give yourself the gift of Glenn's incredible program for coping with Tinnitus. I am so grateful to have found him. His passion and experience is unparalleled to any other options out there. His guidance and support along with his program helped me to quickly transcend the struggle I was having with T. While it will never "go away" I rarely notice it anymore and when I do, I have the confidence and serenity to know that it is a temporary situation and use my lifelong tools I learned from Glenn to deal with it. Yipppeee :)"

- Jean Corry

"I highly, highly, highly recommend working with Glenn for anyone who suffers from tinnitus. I've had tinnitus for seven years, but mostly it did not bother me until I went to a loud concert, woke up with the ringing turned up to 8/10 and quickly experienced a rapid and unrelenting spiral downward in quality of life.

Anyone who has experienced this knows what I mean - pure panic, a sense of utter tragedy and hopelessness, the sense that my "old life" was gone for good. However, as I learned, this simply doesn't need to be true.

I contacted Glenn, and immediately was given a sense of hope. With Glenn, you know you have someone who actually cares, who knows what you're going through and who has a proven system to help stimulate habituation and getting back to normal life. I once thought that was impossible, but Glenn helped me realize it isn't. Glenn is an incredibly empathetic person and even knowing that I had future sessions to look forward to helped lessen the panic that tinnitus once caused.

Glenn's system steadily helped me deal with tinnitus to the extent that tinnitus is something I barely think about on a weekly basis, and when I do, it's a minor annoyance at most and quickly forgotten.

Perhaps most importantly, I don't really worry about my future with tinnitus, because Glenn has shown me tools to cope with future spikes and given me the first-hand experience to know for sure that if a spike happens, I will habituate again, like I've already done. Working with Glenn has been worth somewhere between 10-100x what I paid. What price can you really put on getting back to living life?"

- Charles L

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"I've always suffered mild to moderate tinnitus, but it never bothered me. But in late 2020, my tinnitus went from moderate to severe, resulting in a high level of stress. After an ENT told me that I had to learn to live with it, I turned to the internet to help with my tinnitus.

I read about Glenn Schweitzer and his Rewiring Tinnitus coaching. Finding Glenn during my many exhaustive internet searches on tinnitus has proved invaluable.

After my first conversation with Glenn, I could tell how passionate he was about helping people with tinnitus. Glenn has a wealth of knowledge on tinnitus and possesses far more knowledge than any ENT doctor I have encountered.

Glenn cares tremendously about his client's well-being and coaches his clients using both a practical and holistic approach. He provides the guidance and the tools to work through tinnitus issues thereby, hastening the habituation process.

Glenn utilizes meditation techniques, reaction techniques, coping strategies, and the audio soundtracks of guided meditation soundtracks and masking sound therapy (all of which he provides). These strategies have enabled me to deal with my tinnitus so that it was no longer a significant issue in my life.

Glenn offers thorough, practical advice and valuable techniques to help reduce tinnitus stress and anxiety. During our first meeting, Glenn went over aspects of my lifestyle that may affect my tinnitus, such as possible dietary triggers, stress levels, and sleep quality. After each session, Glenn sends a detailed email that outlines all topics covered at the meeting and includes any instructions and essential links to relevant websites.

I have gotten to a point where my tinnitus no longer bothers me. Glenn once pointed out that there is a big difference between noticing something and being bothered by something, and there are no truer words than that.

At this point, thanks to Glenn and his coaching, I am no longer bothered by my tinnitus. And if it ever bothers me again, I know I can always rely on the techniques and strategies that Glenn has provided me to get me back on track."

- Doreen P

"Glenn worked to help me habituate to my tinnitus, and I must say it was a roaring success!

While the ringing in my (mostly) left ear is still there, I hardly ever think about it. In addition, I am now able to enjoy live music and loud, crowded establishments without suffering from a spike. I owe all that to you and your guidance, which I can't recommend highly enough."

- Doug Fogel

"I'm usually a very strong person. I have been through highs and lows during my life, and was always able to stay strong and rise up to meet difficult challenges. But tinnitus was the one thing that knocked me out completely.

My tinnitus started due to hearing loss from a lifetime of listening to loud music. It happened suddenly one night after playing metal music too loud on my electric guitar.

I was feeling helpless and depressed. I got anxiety, which became nonstop panic attacks. And moreover, I did not know how I would ever get back to the strong person I was before. I kept asking myself how I was going to run my business or face my kids and my wife. I thought life was pretty much over for me.

After searching the internet, I found so many scary stories of people losing everything they have, divorcing their spouses, etc. I started losing hope, especially after seeing 5 separate ENT's that all told me there that there is no cure and that I have to live with tinnitus the rest of my life. I felt shocked and deceived. I was determined to go try everything possible to find even minor relief.

After several weeks of suffering, I started to try to look for anything that could give me hope, to rise up again, and maybe get even a little relief. I tried everything: meditation apps, masking sounds, white noise, phycologists, CBT training, Neuromonics Tinnitus Treatment (listening a few hours per day), vitamins, and acupuncture. It gave me a little relief, but still I was barley coping.

I kept searching the internet and by accident, I came across one of Glenn's articles which mentioned habituation and meditating to the sound of your own tinnitus. I had never heard of this before. I asked my myself is it possible? How can I even think of trying to listen to my own tinnitus without getting a panic attack?

Regardless, I decided to go ahead and bought Glenn's book in Amazon. I read it from start to end in two hours. It was so fascinating to learn about a completely different approach. Instead of running away from the tinnitus, actually using it as a tool to meditate and relax to help habituation come in time.

I first tried to do a meditation following the directions in the book and was shocked that I felt a little better. It was a whole new different perspective I didn't know existed. My tinnitus wasn't lower but was less intrusive!!!!

I went through a few more meditation sessions on my own following the book, and I started feel more confident. I was working towards a solution and I started feeling much better, not all the way yet but I still felt it was a life-changing moment for me.

At that point I decided to contact Glenn directly and I signed up immediately for one-on-one coaching sessions.

All I have to say is that Glenn's approach saved my life. I'm not exaggerating to say that without Glenn's habituation approach, it was not possible for me to live with tinnitus. The tools and the approach that the Glenn provided me for every given moment of spikes, daily routines, sleeping, and panic attacks truly worked for me.

I'm writing this after finishing all of my sessions with Glenn, and I owe Glenn my life, I got it back. I do still hear my tinnitus, and I did have a spike a few weeks ago, but I had the tools to deal with it. And now even hearing my tinnitus, I don't care much about it most of the time. It is POSSIBLE!!! After 6 months of tinnitus and 9 weeks of working with Glenn, I'm so blessed that it has now become a background noise and nothing more!

I know I'm still going through the process of habituation, but I'm completely at a different level now from when I started. And I know that if anything happens in the future, such as spikes, I have all the tools I need to deal with it, and I know that Glenn is only a phone call away.

I highly recommend Glenn's book and more over his one on one coaching sessions. Glenn has been helping people for many years, and he had answers for every question I had and strategies for every situation. His knowledge of all the methods, treatments and new technologies was excellent! His compassion and understanding of what we're going through with tinnitus is second to none.

I put a hundred percent of my confidence in the process with Glenn and I got my life back. For anyone who's suffering with a tinnitus, it is a life-changing situation, and I wouldn't wait a moment. Try Glenn's book and meditation approach, or his one on one coaching sessions and you can become yourself again.

- Ronen Dvashi

"When I was first diagnosed with tinnitus, I was very scared. How could I be a good husband and father with this constant ringing in my ears. How could I go to work every day and support my family when I could not concentrate. I was very anxious and depressed thinking the best years of my life were behind me.

I read Glenn's book and I felt encouraged. I reached out to Glenn and we began our sessions. Glenn was very empathetic and understanding. He was always available when I had a spike.

It is with his help and training I can say my tinnitus does not scare me anymore. I am able to enjoy my life. Through mediation and mindfulness I fell that I have the power to understand and treat my tinnitus. I am no longer scared. Thank you Glenn!"

- Greg N

“Glenn helped me get my life back on track in a matter of months. Following a serious accident that required a long and slow recovery process, Tinnitus appeared out of nowhere. I was told by my GP that my Tinnitus was permanent and there was nothing I could do about it. This was very depressing, and I felt hopeless. But, undertaking some research, I came across Glenn's coaching, signed up and within a short amount of time, I started to get positive results. While I still have my tinnitus, I am now totally habituated to it and feel more than comfortable that I can thrive again. Tinnitus is not an issue in my life anymore.”

- Paul O'Dwyer

“My tinnitus situation is a bit unique. I'm a professional drummer who always took impeccable care of my hearing and never ever played without my custom ear plugs, or even attended loud concerts without them. My ears were in phenomenal shape for being a drummer. So it was extremely frustrating when I developed tinnitus 2 months after giving birth to a beautiful baby girl.

It started at a time when I was suffering from pretty severe postpartum anxiety and insomnia, and that likely triggered it. My ringing was an extremely high pitched hiss that I could hear over everything, and it made my anxiety/panic/insomnia even worse, which then made the tinnitus seem even louder.... the classic fight or flight cycle.

I went through hoping it was temporary, visiting an audiologist, and trying remedies such as Gingko Biloba. I started to become fairly depressed thinking that my "old life" was gone, that I would have to give up drumming, and that I will never truly enjoy watching my baby grow up.

The tinnitus felt like a barrier between me and my girl. It sapped all enjoyment out of motherhood at the time, and it made my life and future seem bleak.

Fast forward, I came across Glenn, first through his book, and then through reading his online blog. I decided to reach out, and it was the best decision I could have made!

First off, as a fellow Tinnitus sufferer, he knew what I was going through, and he also knew there was light at the end of the tunnel, which was providing much needed hope for me. His meditation tools worked wonders for me!

I devoted a lot of time to the meditation and doing all the other exercises he recommends, and kept reminding myself of his words that "habituation is like going 3 steps forward, 2 steps back, all over again".

That is SO true. I've had some pretty major setbacks along the way, and it sometimes felt like starting over. But things slowly, slowly got better.

Fast forward 6 months since the onset of my tinnitus (and 4 months since I started working with Glenn) and I can honestly say I'm almost completely habituated to my tinnitus. Now long periods of time go by where I completely forget about my tinnitus, and when I notice it, it's like "oh yeah there it is, whatever".

I'm enjoying all the things I did before (and was TERRIFIED of when my tinnitus first started) like playing gigs and teaching drums, getting on planes, going to loud restaurants, drinking good wine, etc.

But most importantly, I'm truly enjoying spending time with my baby now. My postpartum anxiety has subsided as well, so overall, my tinnitus just seems so much quieter. It's like I have my life back, and I'm so happy. I'm not a tinnitus "sufferer" any more.... I actually don't like that word. I'm now just a person living with tinnitus, and thanks to Glenn, I'm equipped with amazing tools for any curveballs tinnitus might throw my way in the future. :)

- Alexa B

"I first found Glenn on the internet while searching for help for tinnitus after my doctor told me there was nothing he could do. That was back in 2020.

Glenn was very responsive to my emails and asked a lot of questions to help me make the best decision for me. I wasn't sure I was ready to jump in and tried to live with tinnitus the best I could. A few months later, I looked into an audiologist's tinnitus program thinking I might like the local support. She had no bedside manner, and I wasn't convinced she could help me.

I thought of Glenn again. He and I exchanged emails again, and in the Spring of 2022, we started his program. It's been such a blessing to me and how I view this thing called tinnitus. He listens to YOU. He caters his program to meet YOUR needs. He realizes everyone is not in the same place nor does everyone move at the same pace. He's very time conscious and really does help keep YOU on track.

It can be a bit lonely when friends and family don't understand and there is no one to talk to about how you're feeling. Glenn takes you by the hand on day one and begins helping you to understand what is going on and ways to overcome!

In just over 2 short months, I'm shocked at how far I've come. I now have a toolkit to help me if I have spikes. They could happen at some point. The anxiety and helplessness I was feeling around this condition is basically gone, and I am thrilled! Thank you Glenn! Thanks for caring! Thanks for answering the call to help so many people overcome tinnitus!"

- Hali Laricey

"I started working with Glenn in Oct. 2023 after reading his book *Rewiring Tinnitus: How I Finally Found Relief From The Ringing In My Ears*. I first experienced tinnitus in Feb. 2016, six weeks after my doctor first prescribed hypertension medication for me, a type, which I later found out, is known to be highly ototoxic for many people. I was also diagnosed with high frequency hearing loss at the time and began to use hearing aids.

My tinnitus remained very sporadic for years (generally non-existent and only spiked by certain medications), but over the years has become worse (although my hearing has not changed much), to the point where I am now experiencing significant tinnitus spikes (after one or more days with no tinnitus) on a more or less consistent basis from multiple triggers (medication, blood pressure spikes, sleep disturbances, certain foods and noises and fatigue/stress/anxiety). I was not coping well with the stress it produced and decided to reach out to Glenn for some help.

All I can say is that my decision to contact Glenn has been one of the best actions I've ever taken to improve my health and well-being. When I contacted Glenn to discuss his services, I was immediately struck by the fact that he himself suffers from tinnitus – so the compassion and understanding he's shown for what I was going through was clearly evident and has meant a lot to me over the time I've worked with him.

I was (and am still) impressed by the energy level and focus he brings to my specific situation - not just my off again/on again tinnitus, but for my overall health and well-being, not just because it impacts my tinnitus and how I respond to it, but because he generally cares. He has an incredible array of tools and techniques at his disposal that he has found and/or created/modified himself over the years that work which he's offered based on what he thinks would be helpful for me and my specific situation.

Glenn clearly understands (and reminds me still) that habituating to tinnitus is a journey with its uneven ups and downs and that if you trust him and stick with the program, you can absolutely learn to manage and control how you respond to it and feel better in the end. It hasn't always been easy, but when I've had my bad days (or weeks), he has always been there for support and encouragement, and during the good days, never forgets to celebrate my wins and progress along the habituation path.

After five months of working with Glenn my tinnitus is still there (no surprise) and actually has gotten more frequent, but it doesn't bother me nearly as much anymore, if at all.

When it's there, I still hear it and I still prefer I didn't, but it doesn't get me riled up anymore since I can now control how I respond to it, which at this point is not having to do much if anything. I can go about my daily life now without the added stress from tinnitus, including being able to sleep pretty well through even the worst spikes. Maybe someday, they'll find a medical cure, but for now Glenn's the next best thing."

- Steve Greenstein

“As a musician, I started to experience high-pitched ringing in my ears (like an old tube TV being left on) over 20 years ago due to repeated noise exposure and lack of hearing protection. I was relatively young and felt indestructible. When I first noticed it, I didn't think anything of it. I thought to myself that this will go away and there's probably a cure for it anyway. After realizing that it was not going away, I turned to multiple doctors for help. I first spoke to my primary physician, an ENT, and finally an audiologist. None of them gave me positive news and I learned a new term, tinnitus. From there, depression and anxiety started to set in. My quality of life was impacted greatly. Fortunately, over time, I learned to live with it naturally and stopped thinking negatively about it.

Fast forward to 2017 and BAM! It hit me again. A tinnitus spike! It was so loud and high pitched that it woke me from my sleep and started the vicious cycle all over again. I then realized that I'll most likely have to deal with these ups and downs for the rest of my life. This time I didn't seek any help as my first attempts were futile. Knowing that I got through it when I first started suffering helped me stay positive, however, it took over a full year where it was not affecting my quality of life. This is when I learned another new term, habituation.

Right at the start of 2024 my tinnitus came back to haunt me again. Now I'm absolutely convinced that this will be with me for the rest of my life, and that this won't be the last spike. I thought to myself, a lot of years have passed, and a lot of research must have been done to help deal with tinnitus. Having read Glenn's book back in 2017, I decided to look more into what he's been doing. After reading his book again and his blog, I decided to reach out to him to get some coaching with the hopes of fast tracking my habituation, now and in the future.

After submitting the request form on his website, Glenn very quickly got back to me to set up an initial consultation and explanation of the process ahead. I'm glad that I reached out to him and didn't try to go it alone, again. As a fellow tinnitus sufferer, he can completely relate to what I was feeling. He took the time to listen and understand my history of tinnitus suffering and what I was going through in the present. From there we set up recurring Zoom meetings where he explained the various tools and techniques to help me get through this latest setback. He kept great notes and provided a comprehensive plan after each meeting.

Here it is 5 months later, and I've been feeling much better. I still have some bad days but just knowing that I have these tools and techniques in my back pocket really helps me get through them quickly. In the beginning I used them daily, but now I'm at the point where I hardly even need them.

Glenn is an amazing coach. He takes the time to get to know you personally to come up with a customized plan that really works. He is 100% there for you when you need him. Tinnitus is a mysterious condition that can leave you in an awful mental state but it's certainly not the end of the line. Relief is possible and with Glenn's help you can improve your quality of life much faster than doing it alone. I highly recommend his coaching if you're currently suffering from tinnitus. Glenn, thank you so much!”

- Clark Hotham

"Looking back, I have had Tinnitus for as long as I can remember. While growing up I noticed it only in quiet environments. I thought it was just my hearing reacting to silence. While growing up, I was subject to loud noises (concerts, shooting, pranks) which potentially damaged my hearing.

Following those events, my ears would ring for a period, but then stop. During my adult years, there were times when it was more noticeable than others, but it was never very disturbing. All that changed in early 2021. Following several stressful life events, and major changes from the Pandemic, my Tinnitus severely ramped up and this time did not dissipate.

Like most new sensations, it was initially a little bothersome, "what's going on here that's kind of annoying", but as hours grew to days and days to weeks the tone and pitch of my Tinnitus increased, and the daily disturbance intensified. Over the next few months, I sought help.

My family doctor told me, "Lots of people have that, there's no cure, you just have to live with it", which is fine for people who don't have to live with acute Tinnitus. The American Tinnitus Association website had a message from William Shatner ("Captain Kirk"), a childhood hero, which gave me some hope. So I saw a recommended ENT group, but after a few diagnostic tests, the conclusion was the same, "You have Tinnitus, learn to live with it, see you in a year."

I scoured the internet (don't do this) and found all kinds of magic cures, proprietary blends, and plenty of horror stories. One that resonated at the time was a man standing on a bridge, his Tinnitus had become so disruptive to his life that he wasn't sure he could go on, his young daughter looked on pleading.

By that time the pitch and tone of my Tinnitus had become so loud and disruptive that I could relate to that man. I remember saying to myself, if nothing changes, I don't know if I can live like this. I needed help.

In December 2021, I contracted Covid, and had a difficult time for a few weeks. That experience intensified my Tinnitus. It became extremely loud, disturbing, and a constant point of focus. I became depressed, highly agitated, and emotional. I was unavailable for my family or co-workers. In short, I felt like the man on the bridge.

But then in February 2022, I stumbled upon a podcast about Tinnitus and the guest being interviewed was Glenn Schweitzer. For the next 45 minutes, I listened to this man tell my Tinnitus story.

He spoke about being powerless, suffering severe emotional response, and frustration with the medical community. Then he spoke about something else. Hope.

He said that while there is no cure for Tinnitus that tools were available to cope with it. He claimed to have worked with hundreds of people, helping them to find relief. I am a skeptic by nature, but I am also the kind of person who is willing to try anything if I think it can help me.

Following the podcast, I immediately went to [RewiringTinnitus.com](https://www.RewiringTinnitus.com) with the intention of buying the book and audio package. While there, I saw Glenn offered private Tinnitus coaching.

I sent Glenn an email expecting some automated sales pitch, but instead Glenn reached out to me personally and said he could help. He offered to do a free Zoom call with me to discuss my Tinnitus.

Over the past 6 months, I have worked one on one with Glenn and can honestly say that he both saved and changed my life. Glenn is passionate and extremely knowledgeable about Tinnitus. His program requires patience and discipline.

Progress is not always linear. I have had challenges on my Tinnitus journey, but it has dramatically improved my quality of life. Glenn is always available to help with another tool or a persistent dose of hope.

I have experienced significant relief from my Tinnitus, since I started working with Glenn and am confident that improvement will continue. While there is no cure for Tinnitus, you can learn to live in harmony with it. I will be forever grateful to Glenn for giving me my life back.”

- Mark P

“Before discovering Glenn at Rewiring Tinnitus, I was struggling daily with the overwhelming noise in my ears. Tinnitus had taken over my life, affecting my sleep, concentration, and overall well-being. I felt trapped in a constant cycle of frustration and anxiety.

Glenn's compassionate guidance and innovative methods were a game-changer. His personalized approach helped me understand and manage my tinnitus in ways I never thought possible. Through his expertise, I learned practical techniques that brought me significant relief and a renewed sense of control.

Glenn didn't just provide temporary solutions; he offered lasting change. His methods have not only helped me cope with tinnitus but have also profoundly improved my quality of life. I am now able to sleep better, focus on my daily tasks, and enjoy moments of peace that I had long forgotten.

Thanks to Glenn, I no longer feel defined by my tinnitus.

His support and strategies have been nothing short of life-saving. I am deeply grateful for his help and would highly recommend Rewiring Tinnitus to anyone struggling with this condition.”

- Glenn Parker

“What a difference 120 days has made in my life after reading Rewiring Tinnitus as well as participating in Glenn’s 1 on 1 sessions! As a 30-year tinnitus sufferer, I experienced a severe spike this past March and my world changed in an instant. Although I have suffered from tinnitus for a long time, this spike was unlike anything I had ever experienced and led to many sleepless nights as my central nervous system reacted to deal with this fright/flight situation.

After crossing over the “breaking point”, I discovered Glenn’s book and my journey back began. The book gave me hope that there was a way to deal with severe tinnitus and Glenn’s 1 on 1 coaching sessions gave me the practical skills to learn how to meditate to the maddening noise in my head.

After practicing daily, I found my brain began treating this noise differently. Instead of my typical and taxing fright/flight response, my brain was treating this as just a noise. While my tinnitus level has remained constant throughout this spike, I am happy to report I have my life back. The noise is still there but habituation has taken place and I now live my life again without being debilitated by tinnitus. It’s still there but I have been taught the necessary skills to handle day to day as well as deal with any setbacks if they come my way. Thank you Glenn for being that light in one of my darkest times.”

- Tommy C

“I had the pleasure of working with Glenn to learn about habituation and the Rewiring Tinnitus process following an acoustic trauma in my right ear which left me with tinnitus. The professionals and doctors that I saw all basically told me I would just have to learn to just deal with it.

However, in working with Glenn, he provided excellent one-on-one coaching and assistance over a four-month period, listening to my concerns and always offering amazing resources to lessen my tinnitus. When I started to experience improvement and the tinnitus became less intrusive, I knew that I had made the right decision to work with Glenn. After each session Glenn would follow up with an extensive email recapping our conversation and always provided new and helpful information, recommendations, and techniques to manage my tinnitus more effectively.

I would highly recommend Glenn to anyone that is frustrated, experiences anxiety or any other issues due to chronic and frustrating tinnitus. It's nice to know you have an advocate in your corner when dealing with something like this, and I know that Glenn is only an email away should I have a need to reconnect. Thanks for your help, empathy, and assistance in enabling me to gain the confidence and skills as I further the habituation process in quieting my tinnitus.”

- Vince Edwards

"After having tinnitus for several years, I had a spike that drove me over the edge. I had several panic attacks and started a question my ability to be a father, husband, son, friend etc. Thoughts of suicide even started to cross my mind. I knew I needed help.

I Googled tinnitus help, and I found Glenn's website. I sent him the following email, " I am suffering from my tinnitus, please help." Glenn got back to me right away, and that started my journey for my tinnitus recovery. I still remember the first time I laid down to try one of Glenn's guided meditations, my body started shaking from the panic of having to listen to the ringing in my ears. It took several minutes but I stopped shaking and the panic started to go away, it was then I knew this program was going to help me.

Like Glenn will tell you, you will have your ups and downs in this program, but you will develop the skills and tools you need to habituate. And now I fully agree with Glenn, someone with tinnitus needs those tough times in order to have the confidence that you can lead a full life with tinnitus. Thanks to Glenn and his program I am no longer powerless against my tinnitus.

Glenn makes this program easy to follow and understand. All you have to do is the work and the exercises he gives you. If you do those things, you will start to get the feeling of having your life back and having the power to control your future. The feelings of hopelessness will subside, and you will start to feel normal again. I can't thank Glenn enough for all that he has done for me, he truly saved my life."

- Tom McCoy

"I don't remember how I found Glenn's book "Rewiring Tinnitus", but I thank my lucky stars that I did. I read the book and decided to buy his audio package. Being the "high tech" 75-year-old woman that I am, I got it all goofed up.

I panicked, emailed Glenn who immediately refunded my money then helped me set it up on my phone, for free. After a few more email exchanges, I decided to sign up for the virtual counseling sessions, which was money well spent.

Glenn has a wealth of information which he shares generously with our community. Most importantly, he gave me hope.

The process takes time and commitment. I started the program in December 2021 and now can truly see that I have made progress. My feelings of panic and despair (my normal approach to life) have decreased dramatically. When things are good, I appreciate them, and when they're not good I know they won't last. So Glenn, thank you for everything you do for us. You are indeed a gifted healer and educator."

- Roxy G

"My tinnitus began in December 2020, after an MRI. At the beginning, I thought that it would disappear a day or two after the MRI, but to my surprise it did not. Like many others, I believed there had to be a way to stop my tinnitus, but after many months of searching, I quickly learned that a cure did not exist. After about 6 months, my search led me to Tinnitus Retraining Therapy (TRT).

Since this sounded promising, I started TRT in the summer of 2021, and initially found some relief. After about 1 year into TRT, I found that my tinnitus was less noticeable without the TRT devices, and I was advised that this was an indication that I had essentially reached the end of TRT.

Unfortunately, the results were not long lasting, and apart from having worn the TRT devices, I really didn't have much in the way of incremental knowledge about how to manage my tinnitus day-to-day, under a variety of circumstances, and the inevitable "spikes".

About 3 months after concluding TRT and by chance, I happened to come across Cognitive Behavior Therapy (CBT) as a possible means to more effectively managing my tinnitus. Working with a noted CBT specialist who also had tinnitus, we discussed the application of "mindfulness" to learn how to better accept and habituate towards my tinnitus.

I diligently followed the recommended mindfulness exercises and found myself on a better path towards habituation. However, I was still struggling with how to effectively manage my tinnitus in everyday life.

After hearing a recent podcast hosted by Glenn, I reached out to him to better understand his approach to further habituating and managing my tinnitus. From the first discussion with Glenn, I felt that I was in good hands with him.

He listened intently, was exceptionally thorough in understanding my tinnitus journey, and was empathetic. Perhaps most importantly, Glenn provided specific proprietary tools and recommended tactics in response to my specific tinnitus-related challenges. My progress in response to these tools and tactics was carefully assessed by Glenn during my regular check-in calls with him and adjusted accordingly.

Thanks to Glenn's recommendations, I now feel confident in being able to manage my tinnitus day-to-day and know that he is always there if I need assistance. If you need help managing your tinnitus, I highly recommend that you reach out to Glenn!"

- Michael Bussa

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"Thanks Glenn for everything you have done for me, and my family. Through your program I was given tools to cope with my tinnitus that I did not have before. Through using your program I was able to habituate from the tinnitus to a point that I am living my life normally again. I was so happy when I heard my wife say "I got my husband back". Thanks also for giving me the plan going forward to deal with tinnitus on a long term basis if it arises again in the future!"

- Jeff Miller

"I discovered Glenn Schweitzer when I was first researching tinnitus. I didn't know why my ears were so loud until I learned that I had tinnitus.

When I came across Glenn's book, "Rewiring Tinnitus - How I Finally Found Relief from the Ringing in my Ears" I read it in practically one day and it really helped understand exactly what I was going through. I decided to sign up for his coaching sessions which was the best decision I made.

I learned so much about tinnitus from Glenn. He was sympathetic to my fears and concerns and empathetic to what I was going through since he too has tinnitus, so he understands. My tinnitus is not gone but due to the coaching sessions with Glenn, I was able to habituate and I'm now able to enjoy my life and not think about it very much. I highly recommend not only reading his book, "Rewiring Tinnitus", but signing up for his coaching sessions too.

It's a must if you want to overcome your fears and concerns about tinnitus, have a positive outlook on life, and habituate to the sound. I cannot thank Glenn enough for what I've learned and how valuable his sessions have been to me."

- Margarita C

"To me this healing process with Glenn was not about recovery, it was about discovery. To discover hope when you think your condition is hopeless, to find an answer where there seems to be no answer, to realize that tinnitus is not what matters, but what you do with it, how you approach it and what you put into your mind.

The tools that Glenn provides are very helpful. You need a mindset change and you need to make a decision about what you want in your life. You need to select the tools that work for you and remind yourself of doing them every day.

During the process I have become more conscious about how to manage my energy and thoughts about tinnitus. It does not bother me now, I am super effective and successful in my work, I do a lot of sports and eat healthily. Thank you Glenn. I enjoyed the journey!"

- Réka Horváth

"After a loud concert in August 2023 I developed tinnitus. In the weeks and months that followed, the hissing and the beeping became worse and worse. It hit me hard. My ears (mainly right) were 'clogged' and very sensitive, I could not stand loud noises and the tinnitus was fluctuating a lot. Due to this, I became anxious and at times even quite depressed.

I struggled mentally and I felt guilty towards my wife and kids. I was worried that I had lost my old nice life forever. And, like many of you reading this probably also have experienced, both my GP and the ENT in the hospital had the same advice: try to live with it. Well, I tried but it was very hard and I felt very much alone in this process. After a few months of ignoring the internet (I was so afraid to read horror stories of what tinnitus could do with your life), I went online, cautiously, to look out for help.

And I am SO GLAD I soon found Glenn and his program. The realistic and positive tone of voice on his website appealed to me. I read the testimonials of his clients (thank you all for your stories!) and his e-book. It gave me some welcoming relief: there seemed to be some hope after all. I decided to start with the Rewiring Tinnitus program. And it helped. In the first place because it helps in getting back some kind of control again. That was the first positive thing I experienced since my tinnitus came around.

I had sessions with Glenn every 6 weeks or so and he helped me through a very difficult period. I was struggling with lots of fluctuations. Some weeks were quite okay, others were horrible. But Glenn kept me on track with his positive, yet realistic advice. He has so much experience that he recognizes many aspects of what is going on and knows what to do to not let you loose hope.

I like his clear way of writing very much, clear instructions to which you can hold on too in difficult periods. In the months that followed also his dedication helped me a lot. Glenn is there for his clients, he wants to help you to get out of this dark cloud that tinnitus can surround you with.

Glenn says I am a fast learner, but to be honest, it took me A LOT of time: doing meditations, learning about the different coping tools. And I had to build a new routine in my life. A routine that is based on also spending time on your own wellbeing, the tinnitus hates it when you do things that make you feel happy and relaxed.

I had quite some ups and downs. If you read this in stressful times, please have the patience and the courage to hold on. Know that your situation can improve dramatically. For me, 10 months later, I am less and less bothered by the tinnitus. Many days I am not bothered by it at all, and perhaps even more important: whenever the tinnitus does flare up, I now know what I can do to reduce it. It took me some time to reach this stage, it is not a magical pill that gets you out of a bad state immediately. But from start the coaching sessions and the Rewiring Tinnitus program were so important in getting my life back on track again. Thanks to Glenn, I have made very good progress and I also learned a lot along the way."

- Stan E

"It was a nice, sunny day in November. I decided to drive down to the Keys with my wife and go diving. I never thought my life would change when I decided to go for a recreational scuba diving trip that day. I went under fine, and came back up. When I came back up, I noticed that my ears felt full of pressure and my hearing was dull and diminished. I panicked and spoke to the captain, who told me it was normal, and that it would go away in a matter of days. This was the start of my tinnitus.

Four months later, and after several ENT visits, failed hearing tests (failed high frequency at 9k range over and over), inner ear steroid injections (which are just as horrible as it sounds) and being told that classic line "there is nothing more we can do, you will just have to get used to it"... I felt like my life was over. I got depressed, and felt this overwhelming sensation of fear. I felt alone. But I decided I would make it my mission to keep doing my research and find some relief.

I came across a website called 'Rewiring Tinnitus' and purchased the book, which I read in one sitting. I felt an immediate sense of relief, like I was not alone. I needed to connect with this guy, so I did more digging, and discovered he offered personal coaching sessions! I immediately emailed him, and heard back from him that same day. I was so excited to see the response, which was immediately addressed with hope and a sign of care and compassion. In the email, he sent me some links for immediate help and times when we could set up an initial time to talk, which I made sure to grab.

This initial talk went over three hours! Glenn asked me all about myself, every detail down to the finest points, so he could help me to the absolute max. I had so many questions and nearly cried in relief when it was over, because for the first time in five months, I felt like I was going to be OK. I suffer from general anxiety and OCD so I had a feeling that this would be a serious challenge for me, as this tinnitus was really having a negative effect on me.

I had already purchased a hearing aid/masker for over \$1400 dollars, and had done almost every step in trying to get relief, but I could not find any, until I had met Glenn. Money was not even a factor, as it felt like a priceless resource and truly a g-d send to have Glenn to work with.

Glenn is and always will be there for me, even now after I have made a true habituation, he is still there by text or call when I need some support. Glenn made me understand how to combat this and attack it head on, with amazing resources and technology that he came up with himself brilliantly.

It took a little longer for me than the average person due to my anxiety, and I had setbacks when I could not keep up with the assignments due to personal circumstances, but he always stuck with me throughout the process and never gave up on me. I truly believe Glenn Schweitzer saved my life, and consider him a friend and a mentor for this tinnitus that is now part of my life, and I am OK saying that, thanks to Glenn."

- David Stulberger

"I am glad to provide an enthusiastic endorsement of Glenn and rewiring tinnitus. Glenn has been extremely helpful to me on my journey to habituation. He is knowledgeable and enthusiastic and always upbeat.

There are no shortcuts, and everyone's situation is different, but he has been a tremendous help to me and I encourage anyone who needs help with this maddening condition to reach out for advice. In addition to the above, he is a really nice guy and has been where you are. Good luck to everyone dealing with this problem!"

- John S

"Back in September I started hearing a noise in my right ear. I went to the ENT doctor, but his answer was not what I was expecting. He told me it's tinnitus and to just ignore it, which I could not do.

My whole life begun to fall apart. I was so scared and angry. I got very depressed, and my family was worried about me. I didn't sleep for weeks. I didn't eat. I was not myself.

I didn't know how I was going to be able to live like this. And things got even worse for me when one morning my left ear started up with a different noise. I was devastated. I kept asking myself what I had done to deserve this.

I kept going for the sake of my daughters, but it was so hard to focus without sleeping. I kept praying to God for a miracle because I did not know what else to do. My miracle came when one morning I sent an email to my doctor and was put in contact with another patient who was doing well - a girl who called me back that same day and talked to me for hours.

She told me I was not alone and that we had hope for this condition. I couldn't believe what I was hearing, and I told her please tell me what to do. I would do anything to get my life back. She told me everything she did and sent me the name of a book, Rewiring Tinnitus, that she had read and said that it would help me to understand and feel better.

She then said that Glenn, the person who wrote the book, was the person who had helped her and could help me too. And that's when I got in touch with Glenn. Thanks to him I feel alive again.

I'm writing this testimonial because I hope that if someone out there is feeling the same way I felt months ago, I want to let you that there is hope for us. Habituation is the answer for this condition and working with Glenn helped me to get my life back. His tinnitus meditation and other techniques helped me start my journey toward my habituation. Thanks Glenn! I will be eternally grateful that I got to work with you!"

- Dolores Rojas

“When I first experienced tinnitus symptoms in August of 2023, I went to a ENT doctor quite renowned in his field who told me that there was nothing I could do to alleviate my acute symptoms, that I had to learn to live with it. This was not what I wanted or needed to hear.

At that time the high pitch loud sounds I was experiencing was debilitating, constant and prevented me from carrying on any kind of quality of life. I wasn't sleeping, I couldn't think properly, and relations with my loved ones began to break down. I really couldn't see a way out.

Two weeks later my sister sent me a podcast that Glenn was a part of in which living with tinnitus was the subject matter. In the podcast, he had set forth the premise that there was something you could do to get back to the same quality of life you knew before tinnitus. I tuned into the podcast and knew right away that I had to contact him.

After our initial conversation, I enrolled in the Rewiring Tinnitus coaching program and knew right away that I was going to be okay.

Four months later, I can confirm that thanks to you and your program, I have my life back! The Rewiring Tinnitus course and our frequent zoom calls were the perfect structure for me to make gradual and steady progress. Via Glenn's program, I learned how to train my brain firstly not to fear the sounds I was constantly hearing, and then over time to not notice the sounds I was hearing. The program is very effective and a lot of hard work! Nothing worthwhile is without pain or effort.

Today, thanks to Glenn and his coaching/ program, I got my life back. I do still hear the sounds of tinnitus, but much of the time I don't notice them. When I do, they are generally softer in volume. On the rare occasions that I have a spike, the program has provided me tools to effectively deal with this.

Actually, upon further reflection, Glenn and his program have exposed me to personal enrichment opportunities I was unfamiliar with that now have provided me a better quality of life that I had before. For example, I now do yoga and work out daily. I also am learning how to effectively meditate. As such, my stress levels are down, and my physical and mental health have never been better.

Thank you so much for leading me on this helpful journey for the last 4 months Glenn. I have successfully relied on your expert coaching and guidance to come to terms with tinnitus and to change the narrative.

You have made a major positive impact on my life and have allowed me to not only get back the life I had before, but also to reach even higher plateaus. You have been a great friend and coach, and I will miss our sessions together and your wisdom and guidance. I am eternally grateful.”

-Bob Parker

"I cannot recommend Glenn enough. I really do feel that he saved me and gave me my life back. From the very beginning he was very supportive, understanding and he cared a lot. Having suffered in the past from this condition himself he fully understands the toll that this brings to our lives and I immediately felt calmer after each session with him.

I'm a musician and got my tinnitus from work because I was not protecting my ears enough. After returning from a concert one night, I woke up in the middle of the night with tinnitus as loud as a siren in my head that immediately gave me a panic attack and several others after that. I couldn't sleep for days or weeks. I was in a constant state of terror and panic and even with suicidal thoughts.

Over time, with Glenn's meditation techniques and all his other exercises, I slowly started to get my life back. Having the tools to battle this condition and knowing how to deal with spikes was one of the most important things for me, and I no longer feel helpless. After just 1-2 months of sessions, I was starting to feel the difference in my mood. Now, I feel so much stronger.

The spikes are almost gone completely and most importantly I'm not afraid of tinnitus anymore. I feel that I can live my life again. So please if you are struggling with this condition, please do contact Glenn because there's no need to suffer and go through this alone. Things WILL get better no matter how bad your tinnitus is. I cannot thank him enough for his help."

- Vassilis Lazouras

"Half a year ago, I realized my old, well-known and friendly tinnitus had gotten louder. I panicked and went down to what Glenn calls "the black sphere". The anxiety hit me so hard, I would regularly wake up at five in the morning panicking, I cried nearly every day, sometimes for hours. I couldn't eat anymore and lost ten percent of my weight within weeks, so I was underweight, which made me even weaker. I knew that anxiety - The first time I got Tinnitus (11 years ago), it had taken me three full years to naturally habituate. But this time I didn't want to wait so long, I wanted to take the matter in my hands.

Thankfully I found Glenn. The first and most important thing he gave me was hope. Secondly – in contrast to my psychotherapist – he gave me hands-on advice. He knows so many techniques for every problem. Some didn't help, others had a tremendous effect. I'm not at the end of my journey yet, but I can say that I am a human being again. I can laugh again and really mean it. I am part of the world again. I'm still having bad days, but the good days are better and more than before and the bad days are never as bad anymore. I've had some huge achievements: I can now fall asleep most of the days without my noise app and yesterday I was reading a book for some hours in my silent room. I'm not that afraid of silence anymore. It's not like this everyday, but more and more often. I would highly recommend Glenn to anyone suffering from Tinnitus. He truly understands you, I promise."

- Agnes P

"My tinnitus started on January 12, 2022, from a shotgun incident at a local shooting range by not having my hearing protection properly in place.

I was extremely hard on myself and racked with guilt that I had caused this myself. I had been shooting in competitions for years, and for this to happen with all my training was a nightmare. That one forgetful moment had caused so much anxiety, pain, and frustration! In the beginning, I had hope that my tinnitus would just be temporary. However, after several months of not getting any better, the extremely loud high-pitched jet engine sound was with me 24/7 and I was getting desperate.

The more I searched on the internet, the more I was losing hope. The anxiety and mental health battle exhausted me to the point of staying in bed, crying, and just praying for the jet engine in my head to stop. My concentration was nonexistent.

I was in a quick spiral down into a dark rabbit hole, and I started to worry that it was going to stay this way for the rest of my life! I felt dead inside and knew I couldn't live like this! On a 1 to 10 tinnitus scale, I was at a constant 11 and starting to have suicidal thoughts. I was very sure the end was close, and I was starting to feel okay about that.

The worst part was dragging my wife Roberta through this whole ordeal that I had caused from my lack of being careful. I truly thought she would be the next loss to my life!

My wife was doing everything possible to help me and gave me unlimited support. She and others purchased many kinds of tinnitus magic pills, home remedies, herbs, and books, which didn't help at all. Early on, I even tried steroids, PEMF (Pulsed electromagnetic field) therapy, and red-light therapy. The only thing that actually helped at all were hearing aid maskers. Many of my friends would tell me to just "Man up and ignore the tinnitus!"

Roberta was experiencing this with me, and she was desperately trying to find something to help. We found no help from several doctors, an ENT, audiologist, and naturopath. I started seeing a psychiatrist early on and was prescribed anxiety drugs which did help to ease the anxiety, but I also knew that at some point I would need to get off of them, if at all possible. All of my doctors told me that there was no cure and offered absolutely no alternative options! They all pretty much said they were sorry and that I was just going to have to live with it. Getting this news over and over, I lost all hope.

The meds had calmed some of the anxiety and the panic attacks had slowed down, but I was still crying and balled up like a baby for hours each day. All the activities that I used to enjoy were now gone.

Most nights were sleepless and if I did get to sleep after taking enough sleeping drugs, the nightmare would start all over again as soon as I woke up! I came to the realization that my life was over. I was very seriously thinking about voluntarily admitting myself to the psychiatric hospital. I wanted to at least let my wife move on with her life and enjoy her retirement journey.

Thankfully, my wife was stronger than me by miles and she was not giving up or going anywhere. She dug in and continued to devote countless hours into tinnitus research.

Eventually she found a paperback book called ["Rewiring Tinnitus" by Glenn Schweitzer](#). She was desperately looking for anything new for me to try, knowing that I was just done and had given up. It was now late August of 2022 and had been more than 7 months of suffering endlessly. I have to admit that I didn't even look at the book for almost a week. I thought it was just another book like the others that would give false hope and pray on unfortunate tinnitus sufferers.

When I finally picked up the book, I only read the back cover. The first thing I saw was "There is so much HOPE!" in bold orange print. I read the next two paragraphs below these words and my B.S. meter was not going off. This guy might be for real!

I turned to the first chapter and started reading, and even though it was late in the evening, I found that I couldn't put it down. I kept telling myself that this author had written down all my negative thoughts and put into words exactly I was going through all these months!

Glenn's words were in my head, and I decided needed to do a deep dive into this rewiring concept that he had described in the book. What he had written just made so much sense and for the first time I felt like there really was hope! I read the whole book in one setting. Since my concentration was nil at best, I reread the book the next day and decided to order and downloaded Glenn's [Tinnitus Relief Project Audio Package](#) as well, and began my journey.

The book is full of resources to help you begin the habituation process. I had happy tears several times while reading it. It expressed what I felt and thought, so clearly. It detailed everything I was going through. I was excitedly hopeful for the first time in a long time. The word HOPE might just be real, and I told my wife I was going to put my last efforts into this thing called rewiring tinnitus and grab back...HOPE! My wife and I just both cried together.

I decided to get in touch with Glenn and we set up a first meeting right away. I was very excited, scared, and feeling so many mixed emotions. In the first Zoom meeting Glenn needed a lot of information about me so that he could create a coaching strategy that would benefit me, specifically pertaining to my issues.

We started with a deep dive into everything I had been through, from the beginning of how I got tinnitus, what doctors I had seen and their results, to what I had tried so far to deal with the tinnitus, mental state of mind, etc.

We covered many tinnitus coping strategies and techniques which included things like tracking for triggers, meditation, reaction techniques and many other coping tools. After the first meeting, I had tears of HOPE, and my wife and I just cried and hugged each other. There was a future!

After every session, Glenn would send a recap of our call and a plan for me to follow, listing out everything that he wanted me to do before our next meeting.

As a coach, Glenn definitely understands tinnitus deeply and helped me to understand everything I was going through. It was three steps forward and two steps backward repeatedly. But I always found myself a little bit further along each day, each week, and each month.

Early on, we met weekly and then every other week, every third week and then monthly, spacing out the sessions as I improved. In every session, Glenn listened to the progress I had made and how I was feeling, and then made personalized adjustments to the plan, adding new tools and strategies each time we met.

I have to say that Glenn was very tuned into my journey, keeping detailed notes on my progress, where I was at, what changes I needed to make, and where he wanted me to be by the next meeting.

I worked as hard as I could and followed Glenn's direction religiously. I overdid it at times, but I had another goal which was to be free from the suffering of my tinnitus.

My last meeting with Glenn was in the middle of April of 2023 and it was bittersweet. I feel confident to be on my own now, and I know that if I ever need him again, he's just a text away and will be there for me.

I still have a little ways to go, but I have great confidence that I'll make it to full habituation. But even if not, wherever I land on the habituation scale will definitely be enough. I'm in such a better place compared to where I was just six months ago, and that is awesome in my book! I do still have occasional tough days and moments, but I can cope now and manage them so much better than before. Now it's never more than just a nuisance and the difficult moments always pass quickly.

I have incorporated what I have learned into my daily routine, never forgetting where I've been, but always looking forward.

My wife has been my rock and stayed with me throughout this whole journey. We are both very thankful that Glenn took the time to write this book and made himself available as a tinnitus coach.

I can't stress enough to those that have just recently developed tinnitus or have had it for some time and are ready to get their life back to contact Glenn and start as soon as possible. HOPE...a wonderful thing!"

- John Great