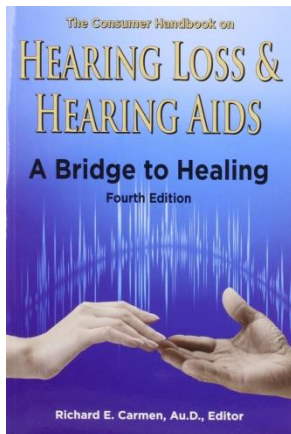


Dr. Karg's Summer Book Club List

June 8, 2015



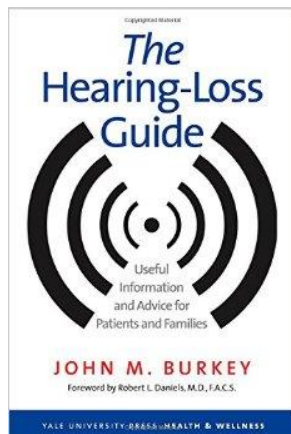
The consumer handbook on hearing loss and hearing aids: A bridge to healing

Edited by Richard E. Carmen, Au.D.

Pages: 279, Auricle Ink

Available at Amazon.com, Barnes & Noble

This fourth edition is updated to current knowledge and technology that includes fascinating and compelling new information on cutting edge fitness-related research and better hearing. The collective effort of all the writers covers about everything you'll want to know if you have hearing loss and are considering hearing aids. There can be a lot of uncertainty and emotions that prevail during the process of addressing untreated hearing loss, leaving a trail of devastation and turmoil in its wake, since procrastination is often at the expense of loved ones. This book charts a quiet path towards actions and transformation, and how to attain life satisfaction despite less than optimal hearing.



The hearing loss guide: Useful information and advice for patients and families

Written by John M. Burkey

Pages: 288, Yale University Press

Available at Amazon.com, Barnes & Noble

Although millions of people could use good advice about hearing loss, it turns out that asking is difficult, and accurate advice is hard to come by. This book directly addresses the problem: it provides useful, first-hand advice from people who have experienced hearing loss themselves, along with accurate treatment information from a highly experienced audiologist. The author opens with chapters on the basics of hearing loss, hearing aids and other devices, and treatments. He then turns to his patients, who discuss coping with hearing loss, the real-life consequences of losing hearing, how to get help, adapting to a hearing aid, and other useful topics. Family members also offer valuable advice. A resource guide completes this indispensable volume.

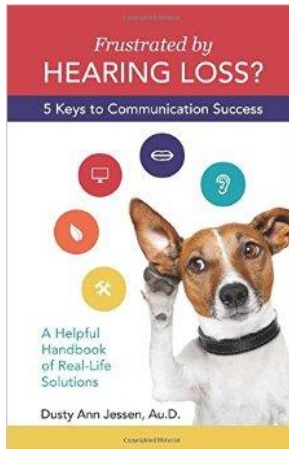
Good Sound Audiology, PLLC

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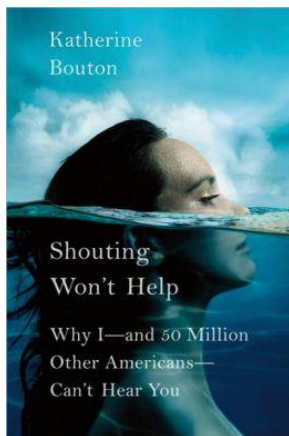
Frustrated by hearing loss? 5 Keys to communication success

Written by Dusty Ann Jessen, Au.D.

Pages: 72, CreateSpace Independent Publishing Platform

Available at Amazon.com, Barnes & Noble

Hearing loss is an invisible disability that creates an incredible amount of frustration. This frustration is felt by the person with hearing loss as well as everyone who communicates with that person. Hearing aids can help, but they are only one piece of the puzzle. To reduce frustrations related to hearing loss, it is essential for all parties to learn the 5 Keys to Communication Success.



Shouting won't help

Written by Katherine Bouton

Pages: 288, Farrar, Straus and Giroux

Available at Amazon.com, Barnes & Noble

For twenty-two years, Katherine Bouton had a secret that grew harder to keep every day. An editor at *The New York Times*, at daily editorial meetings she couldn't hear what her colleagues were saying. She had gone profoundly deaf in her left ear; her right was getting worse. As she once put it, she was "the kind of person who might have used an ear trumpet in the nineteenth century." *Shouting Won't Help* is a deftly written, deeply felt look at a widespread and misunderstood phenomenon. In the style of Jerome Groopman and Atul Gawande, and using her experience as a guide, Bouton examines the problem personally, psychologically, and physiologically. She speaks with doctors, audiologists, and neurobiologists, and with a variety of people afflicted with midlife hearing loss, braiding their stories with her own to illuminate the startling effects of the condition. The result is a surprisingly engaging account of what it's like to live with an invisible disability—and a robust prescription for our nation's increasing problem with deafness.

[A Kirkus Reviews Best Nonfiction Book of 2013](#)

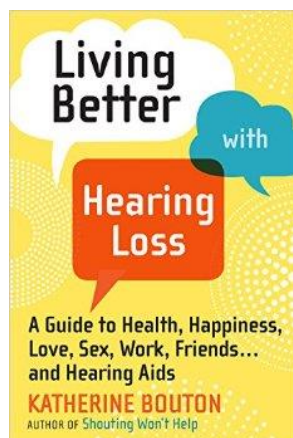
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Living better with hearing loss: A guide to health, happiness, love, sex, work, friends... and hearing aids;

Written by Kathrine Bouton

Pages: 100, Workman Publishing

Available at Amazon.com, Barnes & Noble

LIVING BETTER WITH HEARING LOSS is a practical guide to daily life with hearing loss, covering topics from hearing tests and buying (and paying for) hearing aids, to deciding whether to get a cochlear implant, to navigating airports, job interviews, and first dates when you suffer from hearing loss.



Hearing loss tips: For those who have it and those who don't

Written by Linnaea Mallette

Pages: 156, CreateSpace Independent Publishing Platform

Available at Amazon.com, Barnes & Noble

This is an updated version of this book. Some references have been removed and replaced by personal experiences and information. The heart of this book remains and it is a longer version. The work I have compiled in this book was inspired by a question from my hygienist. "Linnaea, my husband and I have noticed that we are losing some of our hearing as we grow older. Any tips for us?" I could tell by her response that what I shared was helpful. I knew if she fully embraced and would practice what I gave her, she and her husband could go on living full, active and satisfying lives despite their diminishing hearing. I share not from an academic "schooled" point of view, although I draw upon many such resources, but as a person who has struggled with this physical disability since early childhood. My sharing is honest - personal - from the gut; no-holds-barred. It has to be that way to be truly helpful.

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