The second edition of this book has been published in the Wiley-Blackwell Series in 2013. The aim was to inspire clinicians treating tinnitus patients. Therefore aspects of basic research and clinical perspectives are combined in order to cope with the multidisciplinary character of tinnitus. The authors have different backgrounds consisting of neuroscience, clinical psychology, psychotherapy and otorhinolaryngology. This supports the intention of the book to fit the interdisciplinary approach.

The book contains about 240 pages and shows more than 1000 references. It is divided in 20 chapters. The first chapter provides definition and historical aspects, the second one shows prevalences, also in special subgroups like childhood or older adults. The third chapter is dedicated to anatomy and physiology, the hearing pathway and central mechanism are explained. The next two chapters discuss different models of tinnitus, concerning the association of tinnitus and ear structure as well as tinnitus and brain regions. Furthermore, interactions with pain or somatic modulations and special diseases like otosclerosis, vestibular schwannomas or Meniere`s disease are mentioned. Rarities like pulsatile tinnitus, superior semicircular canal dehiscence and myoclonus are expounded. The chapter six is called “objective correlates of tinnitus”, it contains different possibilities of objective measurement of tinnitus perception (for example PET, fMRI). In the following, moderating factors are described. That means, aspects which contribute to tinnitus perception like thinking, anxiety, depression or coping style are discussed. In addition, sleep disturbance as another aspect of tinnitus complaints and other factors like work, gender and hearing impairment are mentioned. Chapter 8 tries to show psychological theories that lead to distress. Behavioural, cognitive, acceptance-based, emotion-based and cognitive-affective theories are described and illustrated by figures. The next chapters concern the Jastreboff neurophysiological model. The chapters 10 and 11 show possibilities of measurement of tinnitus, therefore sound quality, pitch, loudness and maskability as well as self-report measures and questionnaires are explained. Hyperacusis is described in chapter 12, in which definition, prevalence, causes and treatment are discussed.

After this small excursion five chapters deal with treatment options. First of all, traditional treatments like pharmacological options are described. Studies with local anaesthetics, psychoactive drugs (amongst others tricyclic antidepressants, SSRIs), neuropathic pain drugs and antiepileptics are presented. In addition, Botox and intratympanic drugs as well as otoprotective agents are mentioned. The next points are explanation of sound therapy, hearing aids, cochlear implants, biofeedback, hypnotherapy and psychodynamic therapy. The following chapters (chapter 14/15) are dedicated to tinnitus retraining and cognitive behavioral therapy. Chapter 16 shows new treatment approaches like transcranial magnetic stimulation, coordinated reset stimulation or laser therapy. The following chapter deals with complementary medicine approaches to tinnitus, for example acupuncture and dietary supplements. The next two chapters give information about special populations like childhood and adolescence. The appendix 1 shows a treatment protocol. Helpful suggestions about anamnesis and necessary examinations are listed. Appendix 2 explains cognitive behaviour therapy.

As an overall evaluation this book is a perfect overview about the nature of tinnitus. Knowledge about the mechanisms, about diagnostic and therapeutic options is presented. In addition, rare diseases like Meniere`s disease are explained. Furthermore, information about special topics like hyperacusis or tinnitus in childhood is offered. The book is focused on the multidisciplinary approach of tinnitus. This is supported by the variety of authors from different sciences. It is easily to read, summaries at the end of each chapter underlie the
important points. Tables and figures emphasize some information in a compact style. It is recommendable for all readers who treat tinnitus patients and need information about neurophysiological correlates and potential causes as well as about diagnostic and treatment options.

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