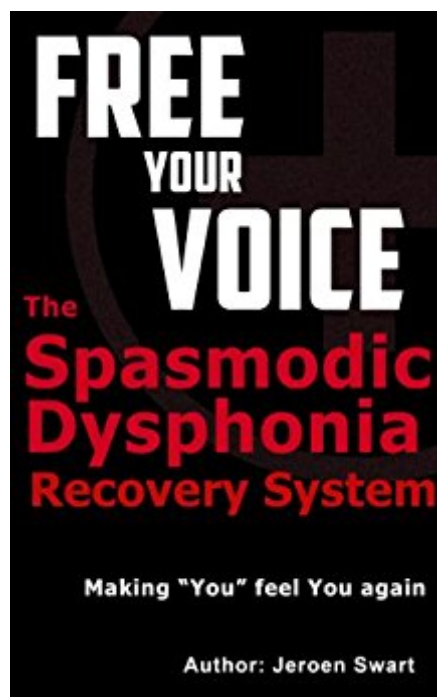


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# Free Your Voice-the Spasmodic Dysphonia Recovery System



## Synopsis

The Spasmodic Dysphonia Recovery System is a self-help book which will show you all the aspects of spasmodic dysphonia: How it is caused, how it works, what it is and most importantly what you need to do (or stop doing) to overcome this terrible frustrating and life sucking neurological voice disorder which robs you of your social-emotional life. The book also tells you my story: How I contracted SD in 2006 and overcame it in late 2010. All the things I tried and tested, that worked and that didn't work. It consists of theory and practice. Tools, tips and techniques you can start using right away to get you on your way to recovery. This book will make "You" feel You again.

## Book Information

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## Customer Reviews

I was pleasantly surprised by this little book. Jeroen has first hand knowledge of SD, and has shared his experiences, both the failures and the successes. I have looked and looked for good info on this condition, which I suddenly acquired 3 years ago. The answers I found on the internet were mostly limited to Botox injections (which is all my Dr. could recommend), and some expensive voice

therapies. He has shared what worked for him, without discounting those usual treatments. I totally agree with him that big stress (physical or emotional) can precipitate the condition-I know it did for me. I'm just beginning the 'course', but can already see some small improvements, especially at lower volumes. Thank you for your hard work putting this together, Jeroen!! I have some hope for fixing my voice now :)

I was pleasantly surprised that this book had a lot to offer about spasmodic dysphonia. The illustrations given (such as the brake-go illustration) were good, and somehow gives a clearer understanding on how the voice problem was caused. I personally believe that Jeroen's explanation regarding the SD root cause is the most accurate one. Regarding his curative efforts and suggestions, I have to try them out first to give a review on them. But theoretically speaking, his treatments are all sound. Some of them, I've found out by myself and have been using successfully. I would declare myself to be 85% cured now. I would recommend this book for those who would like to understand spasmodic dysphonia.

The book is absolutely brilliant! The author has done an excellent job of getting to the root cause of SD, and specific steps one needs to take to overcome the condition. Because he himself suffered with the condition for 4 years, he has an excellent understanding of what brought it on, and what will shut it off. He did his homework on investigating all aspects of the condition in an effort to get healed and help others recover as well. I have the utmost respect for Jeroen, and want him to know that God is really using him to help those who suffer from this very debilitating condition. I thank him for his hard work and empathy.

I've read all the books I can find on SD but this one truly resonated with my own experience and thoughts on this distressing condition. Jeroen, who cured himself after struggling for many years with it, uses his experience to suggest possible causes of SD and ways of overcoming it. Prolonged stress seems to be a common trigger, as well as suppression of the voice in relationships where self expression attracts criticism. Unlike the medical profession who see SD as incurable, Jeroen suggests ways of using the brain's ability to create new neural pathways to reeducate the way the voice is used. It's not a quick fix but it does offer hope of gradual improvement. One of the keys to success is reducing the internal pressure one puts on oneself in daily life as this translates into less pressure on the voice, and Jeroen offers a range of techniques to achieve this. This book gave me hope again with regard to overcoming SD, and I sorely needed this. Having just read the

book I'm looking forward to working my way through the exercises. Highly recommended.

Jeroen has surely done his homework on this; and it's about time someone took the time to get to the bottom of this debilitating disorder. I appreciate his effort to offer his knowledge on the subject and I can identify with the frustration, depression and isolation that goes along with this condition. I am so tired of reading "there is no cure for SD, and Botox is the treatment of choice". It is not my choice!! I can't stop my life, my job, my responsibilities 3 or 4 times a year because I had a Botox injection and can't talk for 3 - 4 weeks. Thank you Jeroen and keep sending those instructional videos!!!

Very good book if u are suffering from spd. Good self help book. Glad someone took the time to study and figure out this disorder and then set down and go into to great detail about it. I have read the book thru and am now starting the first part of the exercises. I would highly recommend this book to anyone suffering from spasmodic dysphonia.

Jeroen is a great guy. Doing everything to help people overcoming SD. Despite there are some alternative books on this topic, I really recommend the book because it gives some new approaches to more easily speak again. Some of the tips really help! I encourage everybody suffering from SD not to give up, but to keep trying. I am almost sure you will find a way to relief. Jeroen: The best wishes to you! Keep on. This is great.

This is a good book, mainly for the last 25% of it. There are some Kindle edition issues. Several times the paragraph is not continued on the next page. There are also many typos. The message of the book is important. Mainly that you need the BOTOX in order to speak freely enough to relearn good speaking habits. Jeroen may be on to something here. I don't know for sure, but as of now I have extended my last Botox inject by at least 3 weeks. That is pretty good for me.

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