



Julian Cowan Hill got back to silence after 20 years of bad tinnitus and has helped over 800 people improve their symptoms. Two decades of clinical practice as a psychotherapist, craniosacral therapist and tinnitus consultant have helped him consolidate techniques, approaches and practices to help tinnitus people on their journey to recovery.

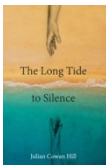
Julian has written three books available on Amazon:



A Positive Tinnitus Story – a short overview of how to get better.



Tinnitus, From Tyrant to Friend: How To Let Go of the Ringing in Your Ears – an in-depth, practical self-help book.



The Long Tide to Silence – the story of his painful and ultimately successful journey back to silence.



He has also created a highly successful You Tube channel and an App called Quieten which provides on-line support and help for tinnitus people.

Julian Cowan Hill works as a Craniosacral Therapist, Core Process Psychotherapist and Tinnitus Consultant in Paddington, London, and provides skype sessions for clients worldwide.

<https://juliancowanhill.co.uk/>