

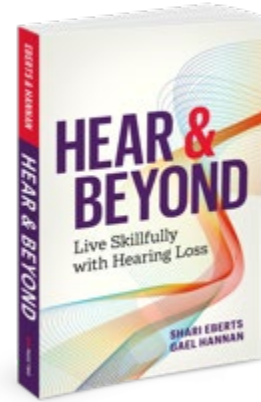
## **HEAR & BEYOND: Live Skillfully with Hearing Loss**

Eberts, S, Hannan, G (2022). Page Two.

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Shari Eberts and Gael Hannan are arguably two of the most familiar faces in hearing health consumer advocacy on the planet.

I have been following both for years, even once appearing with Gael in the early 2000's on a Discovery Health Channel segment about hearing loss. Individually, they are internationally sought-after presenters, writers, and personalities who traverse the globe, sharing insights, strategies, triumphs, and challenges about their personal journeys with hearing loss. They have joined forces as hearing health all-stars in their new book (spoiler alert, it's brilliant!), *Hear & Beyond: Live Skillfully with Hearing Loss*. I was over the moon when I received an advanced copy and was asked to review their book in *Canadian Audiologist*. Without further ado, let me tell you all about it!

*Hear & Beyond* instantly captured my attention with its vibrant cover. A sound wave vector illustration on the jacket resonated with me as an audiologist but also easily doubled as the multi-layered, winding road that people with hearing loss must travel. Flipping through the first few pages, I found this heartfelt dedication, "To all people living with hearing loss around the world. You are not alone." In these first words, Shari and Gael let their readers know that they understand the loneliness and isolation of hearing loss and that they aim to change the narrative about it.

The structure of the book contains 304 pages broken down into six main sections, each with sub-topics, plus an introduction, conclusion, acknowledgements, notes, and index. The main sections expertly address relatable issues such as hearing loss experience, mindset, technology, communication strategies, relationships, and hacks. Under each of these larger sections, Gael and Shari take on various subjects, everything from tinnitus to hearing loss and romantic relationships, plainly laying out how to be successful in understanding and addressing them.

At the beginning of each main section, Gael and Shari invite us into a conversation between their two personalized avatars as they set the stage for what they plan to discuss in the upcoming pages. Their avatars appear throughout the book providing memorable quotes, thoughts, and key take-aways for the reader.

*Hear & Beyond* is well-written, delightfully sincere, engaging, and educational. Its renowned authors have packed it full of honest information from lived experience, making it the quintessential “how-to-guide” for people living with hearing loss. Appealing to everyone in hearing health, providers and consumers alike, it’s a must-read! As an audiologist, it is not for me to critique this book but to learn from it. The section on “Choosing the Right HCP” is pure gold in terms of articulating what the public both needs and expects from their hearing healthcare provider and the role we play in our clients’ daily lives.

In clinical practice, we strive to use all our audiology super-powers to the benefit of our clients. But when was the last time any of us handed a client a book to read? Mental health counselors do this all the time--shouldn’t we? *Hear & Beyond* can be a uniquely unexpected and moving form of aural rehabilitation to offer clients as a reference for whenever they need ideas and support.

*Hear & Beyond* is available both in paperback and as an eBook and can be found for sale from a variety of online vendors, including Amazon. You can also connect with Shari and Gael at [HearAndBeyond.com](http://HearAndBeyond.com) as well as with their blogs, LinkedIn, Facebook, and Twitter accounts.

Congratulations Shari and Gael on a fantastic collaboration. As the last sentence in your book reads: “Living skillfully with hearing loss is an ongoing process, and so, for each of us, the journey continues.” We too look forward to continuing this journey with you and can’t wait to see what you have in store for us next!

Bio for Rex Banks:

Rex Banks has worked at Canadian Hearing Services since 2001 where he is the Director of Hearing Health and Quality; for CHS Global Partnerships for Research & Innovation, he is also the Director of Research Programs. For more than 30 years, he has been a leader, teacher and advocate and has been honoured with major industry awards recognizing his contributions for advocacy, humanitarianism, and leadership. He has been the Chair of the Board of Directors for several professional associations, including the Canadian Academy of Audiology, and is also an Assistant Adjunct Professor in the Post-Professional Doctor of Audiology Program at A. T. Still University of Health Sciences.