



Understanding and Controlling Stuttering A Comprehensive New Approach Based on the Valsalva Hypothesis - The Revised and Expanded 3rd Edition

William D. Parry

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Puzzled about stuttering? Do you wonder why words often feel like brick walls, even before you try to say them? Or why your blocks get stronger the harder you try to force through them? If so, here is a book, written in clear, every-day language, that fits together the pieces of the stuttering puzzle as never before. The key to its approach is the Valsalva Hypothesis an exciting new theory that explains stuttering blocks as a neurological confusion between voice and the body's Valsalva mechanism, in response to anxiety or the anticipation of difficulty in speaking. As a result, the larynx is prepared to exert effort instead of phonating a word's vowel sound, causing speech to get stuck on the consonant or glottal stop preceding the vowel. The book demonstrates how neurological, physiological, and psychological factors interact to stimulate and perpetuate stuttering through a Valsalva-Stuttering Cycle. This book sheds new light on virtually every aspect of stuttering behavior its causes, its variability, and its many forms of treatment. Finally, it outlines a comprehensive self-help program based on Valsalva Stuttering Therapy, aimed at relaxing the Valsalva mechanism, eliminating blocks, freeing your inherent fluency, and allowing you to speak in an easy, effortless, and natural way. The Revised and Expanded Third Edition contains many new insights and exercises, developed through actual clinical experience, experimentation, and practice-based evidence, involving the participation of dozens of persons who stutter from all over the world.

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