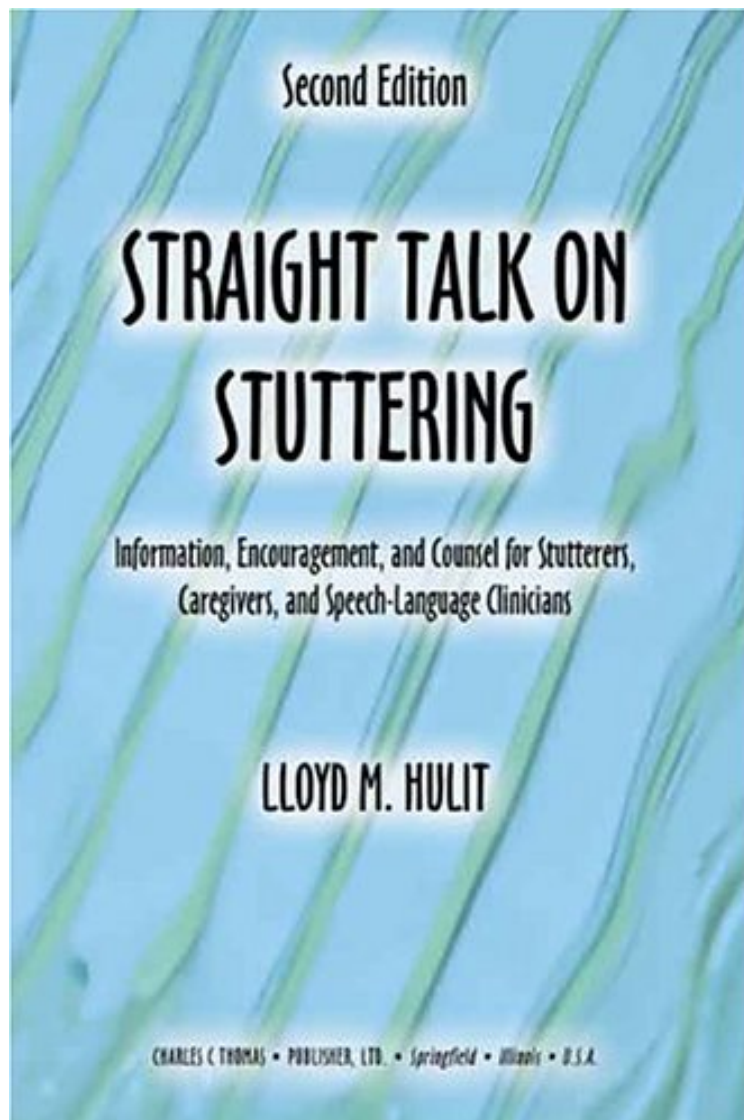


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Straight Talk on Stuttering: Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians

Lloyd M. Hulit

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Lloyd M. Hulit : Straight Talk on Stuttering: Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians before purchasing it in order to gage whether or not it would be worth my time, and all praised Straight Talk on Stuttering: Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians:

0 of 0 people found the following review helpful. Good Book with Good InformationBy KarenIn this book, Straight Talk on Stuttering, the author talks about stuttering. Since he is a Speech-Language Clinician and a stutterer himself, he knows stuttering from both perspectives. He explains in his book about the behaviors of stuttering, the differences between a stutterer and a non-stutterer, and how to treat them. There is really no known cause to stuttering, even though there are many researchers who are looking for the cause and cure for this strange disorder. People who stutter and people who don't are not that different from each other. There is no major intellectual or physical difference found in stutterers that would effect their speech in such a way to make them stutter. The fact is, there are really no clear answers to even the most basic questions on stuttering. A stutterer exhibits some behaviors when they talk that would make them stutter. People think that stuttering is like an iceberg, where only a portion of it is visible and would contact the sense, while a greater portion is hidden below the surface. The stutterer doesn't want to stutter, and when he or she tries not to, they end up stuttering. Some people argue that it is due to pressure that the speaker feels. If a person is put in a situation where it is crucial that they speak clearly, such as talking to a superior or meeting someone new, they will end up stuttering because of the pressure they feel they are under. Also, there are some words that stutterers feel are more difficult for them to say; therefore, they will stutter when they are forced to say that word. Getting rid of these behaviors and fears will sometimes help the stutterer become more fluent in their speech. One therapist that Hulit points out in his section on treating stutterers is Charles Van Riper. This man's approach to treating stuttering was very successful in helping his patients. Hulit actually adopted Van Riper's methods in his therapy career. This treatment was a mix of getting rid of anxiety, changing motor acts, and learning. The anxiety portion is not used for all patients because some don't exhibit any anxiety while speaking, but most do. The patient must identify and get rid of difficulty signals. These signals make the speaker think that they are going to stutter on a difficult word, and they end up doing it. Motor acts, which are abnormal articulatory positions, are created by muscular tension, disrupting respiration, articulation, and other factors. Changing these behaviors helps the stutterer talk more fluently because the muscles and breathing are being normal while the person is speaking. Most adult stutterers continue to stutter because they have learned that behavior and they have just kept it. Patterns are there when the person speaks, and if that person stutters, the patterns include stuttering. All these helpful treatments of stuttering really help the stutterer speak fluently because they are thinking, breathing, and relaxing when necessary. I really enjoyed reading this book, especially because it really showed me all about stuttering. This disorder is very strange, yet it is common. There are many people who stutter, and it is sometimes not a physical problem. Sometimes it is in their mind, and I found that very interesting. I never knew that information on stuttering was so limited, and so much information was unknown. I really liked how the author expressed his view on each of the different topics. This way, while I was reading it, I knew what the view was of a stutterer. There really shouldn't be just the information known about the disorder; there should be the view of someone who knows this disorder personally. With his views, I really got to understand what it is like to be a stutterer and it gave me more than one opinion.0 of 0 people found the following review helpful. Meh... not terrible, but not good.By M. BulgerI wouldn't call this a bad book so much as a problematic one. There is useful information, but it is provided less as an objective overview of the topic than as a subjective "how I see things" listing. One example - the only thereputic approach presented is that favored by the author. The intended audience for this book - given in the subtitle - is a broad one with differing needs, and each group is short-changed in turn. As a stutterer with in interest in understanding my condition, the lack of citations and footnotes is a very serious lapse - one that professional therapists would surely share. Regarding style - some may find the folksy story-telling approach the frequently show up engaging. I found it a waste of ink and found myself constantly scanning over entire pages looking for the "meat" of the section. A good editor could cut the content by 50% with no loss of information.A more accurate title would have been "A summary of my opinions on stuttering, told in amusing anecdotes and long-winded analogies." If you can find it at the library, check it out. I did, and I'd be angry if I had paid more than a few dollars for it.

This new and expanded second edition is written for people who stutter and for those who interact with people who stutter, including caregivers, teachers, and speech-language pathologists. The text is presented in two parts. The first part includes basic information about the disorder and addresses common questions that people have about stuttering: What is stuttering? What causes it? How does it develop? Can it be prevented? This section also includes a new chapter entitled Living with Stuttering. The second part of the book discusses effective therapy approaches used with both children and adults who stutter. This part includes another new chapter, Evaluating People Who Stutter. The text is written in a very reader-friendly and practical manner. It represents a reasonably thorough review of what is known about stuttering and offers bottom-line conclusions rather than theoretical speculations and research findings that arrived at these conclusions. While the text includes the technical language used by speech-language pathologists in reference to stuttering, great care has been taken to explain each term. In addition, the book includes a helpful glossary. This unique and exceptional book is written by a clinician who stutters and who is passionate about helping others learn about stuttering. He addresses the reader, not as a guru of truth, but as a person who has gained some

understanding about stuttering through both his professional and personal experiences with the disorder.