



Idiot's Guides: ASMR

Julie Young, Ilse Blansert

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ASMR stands for Autonomous Sensory Meridian Response, and it's a relaxed, tingling feeling that many people report having as a response to particular stimuli, such as close personal attention, tapping, or whispering. Although its experiencers say they have been aware of the sensation all their lives, it has only recently come together as a public phenomenon thanks to YouTube, where ASMRtists now post thousands of videos that simulate the ASMR experience and help viewers fall asleep when no other remedies work. The ASMR community is generous and connected, and often viewers will become content producers themselves in an effort to give back to those who have helped them.

In this book readers get:

-- A clear explanation of what ASMR is, its benefits, and how to experience it.

-- The most recent theories and evidence as to why and how ASMR works, and how it's connected to other established methods of relaxation.

-- Extensive exploration of the various ASMR trigger types.

-- Tips for discovering the triggers that work for each individual, and ways of finding and adapting to new ones.

-- What to do when one becomes desensitized to their favorite artist or trigger type.

-- Exclusive interviews with the top ASMR artists from all over the world, discussing their strange celebrity

and their own ASMR experiences.

-- How-to content on creating ASMR videos, including equipment, props, script writing, editing, and uploading.

-- Online extras will include exclusive video content from one of the top ASMR artists.

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Janice Evans:

The book untitled Idiot's Guides: ASMR contain a lot of information on the idea. The writer explains your girlfriend idea with easy way. The language is very straightforward all the people, so do not necessarily worry, you can easy to read that. The book was compiled by famous author. The author will bring you in the new era of literary works. You can read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice examine.

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