



Idiot's Guides: ASMR

Julie Young, Ilse Blansert

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ASMR stands for Autonomous Sensory Meridian Response. A way to beat insomnia and reduce stress, ASMR is a relaxed, tingling feeling that many people report having as a response to particular stimuli, such as close personal attention, tapping, or whispering. *Idiot's Guides: ASMR* offers a clear explanation of its benefits, different trigger types, and how to experience its effects. Bonus content includes exclusive interviews with the top ASMR artists and online video content.

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