

Jane Gregory

Jane Gregory is a doctor of psychology, researcher and science communicator. She is currently based in the Experimental Psychology department at the University of Oxford, researching why some people can't stand the sound of other people eating and breathing (misophonia). She set up therapy services for misophonia within two NHS national specialist psychology services, the first of its kind in the UK. Her first book is an evidence-based self-help guide for people suffering with misophonia, forthcoming from Bloomsbury.



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