

FOR IMMEDIATE RELEASE

When Sound Becomes the Enemy: New Orleans Musician's New Memoir Finds the Punchline in Chronic Hearing Pain

NEW ORLEANS, LA - August 4, 2026. For Jon Hébert, music was more than a profession; it was the core of his very being. A lifelong songwriter and performer, Hébert built his existence around his chosen form of self-expression. Then two under-recognized and hard-to-treat hearing conditions—tinnitus and hyperacusis—transformed music into a source of pain and agony, forcing him to confront an unexpected question: Who are you when the thing that defines you is taken away?

In his new memoir, published by the University of Louisiana at Lafayette Press, Hébert tells the story of losing—and rebuilding—the world he spent a lifetime creating. Part dark comedy, part medical mystery, part psychological thriller, *Hear This!* follows Hébert's bizarre journey through anxiety, fear, and isolation as he searches for answers in a healthcare system ill-equipped to treat his particular type of pain.

What began as a fight to reclaim his relationship with sound became a deeper exploration of resilience, self-discovery, and what it means to live a creative life. "For so long, music was my lens for experiencing life. Losing it—even temporarily—was devastating," says Hébert. "Writing the memoir allowed me to explore the intersection of sound, silence, and identity, and how we attach meaning to the auditory world. And to ultimately find healing, humor, and harmony in a world gone completely off-key."

The book appeals to readers interested in music, creativity, psychology, neuroscience, and the experience of living with chronic conditions. Hébert's memoir has drawn comparisons to the darkly funny styles of Jenny Lawson, Samantha Irby, and Maria Bamford. One reviewer even likened him to David Sedaris—though Hébert suspects they just wanted a favor.

Jon Hébert is a Louisiana-born musician, writer, and creative professional. He has released four albums, including *Living It Right* and *Bayou Wild*, and written both fiction and nonfiction. He lives in New Orleans with his girlfriend and their blind cat, who edits most of his work.

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