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Author Julie Young and ASMR artist Ilse Blansert are collaborating on the first book from a major publisher about ASMR titled, Complete Idiot s Guide to ASMR.

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Idiot's Guides: ASMR [Julie Young, Ilse Blansert] on Amazon.com. *FREE* shipping on qualifying offers. ASMR stands for Autonomous Sensory Meridian Response.

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Local Author Teams With YouTube Personality On New Young will launch The Complete Idiot s Guide to ASMR on May 29 at The Complete Idiot s Guide to ASMR

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Julie Young and Ilse Blansert have finished writing The Complete Idiot s Guide to ASMR which should be available in May. You will be able to buy it everywhere

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