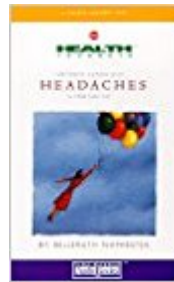




**Ebook Directory**  
the best source of ebook

**The book was found**

# For People Coping With Headaches (Health Journeys)



## Synopsis

An effective pain-relief program for headache sufferers utilizes the techniques of guided imagery to assist in alleviating tension and vascular headaches, as well as to reduce headache frequency and help prevent recurrence. Read by Belleruth Naparstek.

## Book Information

Series: Health Journeys

Audio Cassette

Publisher: Health Journeys; Abridged edition (January 1995)

Language: English

ISBN-10: 1570422184

ISBN-13: 978-1570422188

Product Dimensions: 1 x 4.5 x 7.2 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #6,642,809 in Books (See Top 100 in Books) #62 inÂ Books > Medical Books > Medicine > Internal Medicine > Neurology > Headache #120 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #2712 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

I went in to a neurologist regarding my migraine headaches that were becoming more and more frequent, but did not want to go on a preventive medication I had to take every day. She recommended this CD along with some vitamin supplements, which I soon realized were not nearly as effective as this audio. Amazing during, before, or after any headache-migraine or otherwise- to prevent rebound headaches, keep a headache from forming into a migraine... Truly fabulous. My MD quoted some statistics on the proof that this CD has been proven to work, but for the life of me can't remember the exact details.

By far Belleruth's tapes are the best in applying guided imagery to health and healing. Her tapes inspire as they help you focus your mind on healing your body. Highly recommended!

This tape was suggested to me by a coworker, and what a gift it has been! Combining this with my normal migraine routine significantly, actually dramatically, reduces the duration and intensity of my

migraines. It also works wonders for those nasty tension headaches by easing my muscle tension. For the price it can't be beat, I would definitely suggest it to anyone who wants to ease their pain.

[Download to continue reading...](#)

For People Coping With Headaches (Health Journeys) Stop Headaches Now: Take the Bite Out of Headaches Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) English Journeys English Folk Songs (Penguin English Journeys) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines (Coping With Alcoholism and Substance Abuse Book 5) UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health Understanding Migraine and Other Headaches (Understanding Health and Sickness Series) The TMJ Healing Plan: Ten Steps to Relieving Headaches, Neck Pain and Jaw Disorders (Positive Options for Health) Coping with Epilepsy in Children and Young People Ayudando a Vencer La Depresion En La Gente Joven/Coping With Depression in Young People: Una Guia Para Padres / A Guide for Parents (El Nino Y Su Mundo / the Child and Its World) (Spanish Edition) How To Analyze People: Body Language and Human Psychology Guide to Mastering Analyzing (Analyze People, Body Language, Human Psychology, How to Analyze People) People's History of Sports in the United States: 250 Years of Politics, Protest, People, and Play (New Press People's History) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) The Migraine Miracle: A Sugar-Free, Gluten-Free, Ancestral Diet to Reduce Inflammation and Relieve Your Headaches for

Good

Contact Us

DMCA

Privacy

FAQ & Help