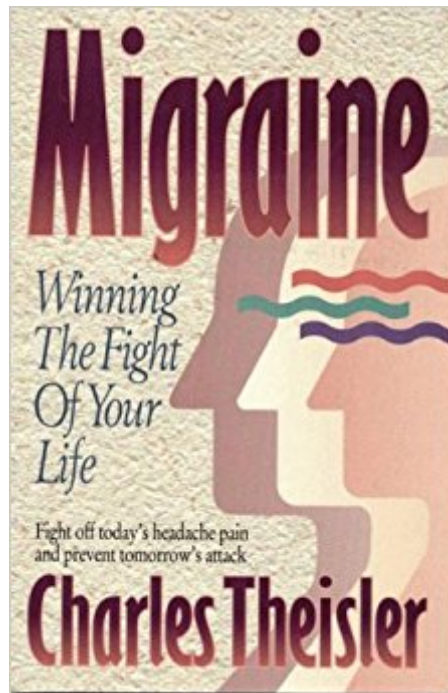




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Migraine: Winning The Fight Of Your Life



Synopsis

A sufferer's guide to relieving today's headache pain and preventing tomorrow's attack.

Book Information

Paperback: 164 pages

Publisher: Starburst Publishers (November 25, 1995)

Language: English

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Product Dimensions: 8.3 x 5.4 x 0.5 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

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Customer Reviews

I have had this book for years & ordered one for a friend. It is VERY informative not only about the disease, but about the social issues a migraine sufferer has as a result of the disease. It also is very informative in knowing what triggers can cause a migraine & just knowing them & staying away from them has helped me immensely over the years. I use this book almost as much as my dictionary, as I have suffered migraines most of my life.

Great book! It helped me to find out what kind of migraine I have and how to manage it the best way. Before that I was always afraid to make appointments, because "What if I get head-ache that day?" I've missed a lot of meetings (at work) and private programs. Now I can handle it quite well, I've learned a lot from dr. Theisler! It's a bit like "I've got my life back" ! Thanks!

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