



Managing Your Migraine: Sufferer's Practical Guide

Susan L. Burks

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Managing Your Migraine speaks to your needs as a migraine sufferer. It confirms that you suffer from a genuine physical illness and that others share your frustration, disappointments, and anger. Its goal is to move you beyond "learning to live with it" to a full understanding of its mechanisms, symptoms, and treatments. This book proves that you can take charge of your illness-and shows you how to do so safely, effectively, and with real confidence.

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