



## The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health

By Carolyn Bernstein, Elaine McArdle

Simon & Schuster. Paperback / softback. Condition: new. BRAND NEW, The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health, Carolyn Bernstein, Elaine McArdle, You know that your migraine isn't just a headache. But you may not know that migraine actually is a neurological disease. Affecting one in five women, one in twenty men, and one in twenty children, it's a debilitating, complex, and chronic condition that manifests in a combination of symptoms that can include excruciating head pain as well as other distinctive physical and emotional effects. Yet it's also a disease that you can get control of, improve, and manage, as Dr. Carolyn Bernstein has discovered in her seventeen years as a Harvard Medical School faculty member and practicing neurologist. Praised for her excellence and compassion, the founder of the Women's Headache Center near Boston, and a migraine sufferer herself, Dr. Bernstein has helped hundreds of her patients get better. Now, with "The Migraine Brain," the most comprehensive, up-to-the-minute book on migraines ever written, you will be able to do the same -- reduce the frequency and intensity of your migraines, learn how to prevent and curtail them and how to recover from them more quickly, and...



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