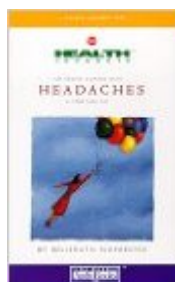


The book was found

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 stars [See all reviews](#) (3 customer reviews)

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

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