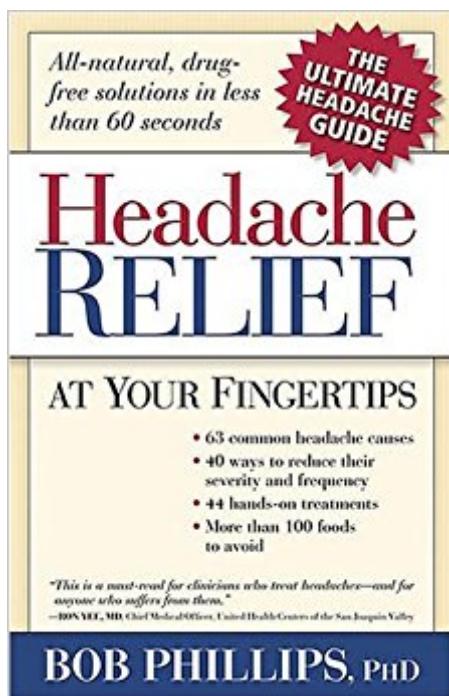


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# Handbook For Headache Relief: Headache...BE GONE!



## Synopsis

Headache...BE GONE! Not all headaches are alike! What if you could find relief from headaches without taking medication again? Bob Phillips says you can start today by using these helpful steps to overcome the pain of migraine, tension and sinus headaches-and more. Are you frustrated with missing out on those special moments in life and irritated with taking sick days to deal with headaches? In this easy-to-understand guide to headache relief, you will discover: Circumstances, stresses, and possible headache triggers New facts about foods that should be avoided Sixty-three of the most common headache causes Forty-four drug-free treatments Uncomplicated thirty-second techniques and exercises that you can perform on yourself or on others to alleviate headache pain Headache Relief at your Fingertips separates the facts from the fiction concerning your suffering. Today is a new day, and your headache can be gone...forever!

## Book Information

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## Customer Reviews

Bob Phillips is a licensed family and marriage counselor, director of the Pointman Leadership Institute, and director-at-large of Hume Lake Christian Camps, one of America's largest youth camping programs. An internationally known conference speaker, Phillips is the author of the New York Times bestseller *The Secret on Ararat*. He has also written more than eighty books, including *Anger Is a Choice* and *The Awesome Book of Heavenly Humor*, with more than seven million copies in print.Â

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