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# Headache Relief (Guided Self-Healing Ser.)



## Synopsis

Tired of headaches? Through the use of guided imagery, Dr. Martin L. Rossman has helped thousands of people over the past three decades find safe, effective relief without drugs or other costly treatment. On Headache Relief, you join Dr. Rossman to learn proven guided imagery exercises that work with both simple tension headaches and severe migraines. Three guided sessions cover body-mind relaxation, pain relief, and the remarkable inner healer method for working with thoughts, feelings, and actions to impact health.

## Book Information

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Audio CD

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## Customer Reviews

"Dr. Rossman, the earliest pioneer of mind-body imagery, is one of the great healers of our generation."

An estimated 45 million Americans suffer from headaches, accounting for some 8 million office visits per year and a 13 billion dollar cost to employers. Through the use of guided imagery, Dr. Martin Rossman has helped thousands over the past three decades find safe, effective relief from headaches without drugs or other costly treatment. On Headache Relief, listener join Dr. Rossman to learn proven guided imagery exercises that work with both simple tension headaches and severe migraines. Three guided sessions on CD cover body-mind relaxation, pain relief, plus a dialogue with the "inner healer"--a key to understanding how thoughts, feelings, and actions impact health.

I purchased this for a relative who has suffered severe migraines for more than a decade (4-6 per month), she says the visual imagery exercises help to ease symptoms not completely relieved by her medication.

I am having chronic migraines with no medicine seeming to help. I bought this and the first time I used it, I felt the Creature, as I call it, back off to almost nothing. It was back full force as soon as the audio was over, but I could tell that it was a really good tape. I just need to keep using it.

OK, it's not so good as migraine medicine, but it is actually a great help in dealing with headache pain. I copied it onto my iPod so that I always have it with me. I recommend it!

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