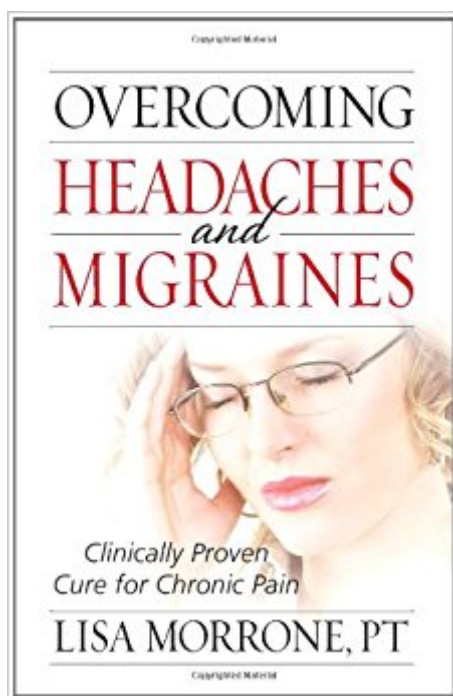


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# Overcoming Headaches And Migraines: Clinically Proven Cure For Chronic Pain



## Synopsis

As many as 45 million Americans have chronic and severe headaches--and they're desperate for practical, clearly explained help and answers. Physical therapist Lisa Morrone extends hope. Nearly 20 years of teaching, research, and treating patients have given her a comprehensive, multidisciplinary perspective. Headache/migraine sufferers don't have to resign themselves to being pill-popping victims. Rather, they can achieve lasting changes by discovering how to... uncover the sources of head pain and avoid unnecessary medication eliminate pain originating from neck dysfunction or muscle tension ward off migraines and cluster headaches by pinpointing and avoiding "triggers" decide whether self-treatment, treatment by a practitioner, or a combination is best loosen the traps of stress, anger, and emotional/spiritual bondage that clamp down with head pain This multifaceted resource combines effective habits, exercises, and lifestyle adjustments to end head-pain disability and give readers back a life to enjoy and share.

## Book Information

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## Customer Reviews

"As a physical therapist, researcher, and professor, I congratulate Lisa for providing chronic headache sufferers with the physical self-help tools necessary to manage and relieve their chronic pain. This offers hope to people who are many times resigned to a life of silent suffering and despair... "Overcoming Headaches and Migraines is a gift, not only to headache sufferers, but also to those in the health professions who are committed to helping them." --Howard W. Makofsky, PT, DHSc, OCS, former codirector, Headache Center, Southside Hospital, associate professor, New York Institute of Technology, and clinical assistant professor, SUNY Stony Brook

Lisa Morrone, PT, has helped thousands of patients and readers get free from physical and emotional pain. A speaker, physical therapist, and adjunct professor for doctoral programs in physical therapy, she has authored *Sleep Well Again*, *Overcoming Back and Neck Pain*, and *Diabetes*. She graduated her university PT training magna cum laude and now practices in New York state, where she lives with her husband and two children.

The source of headaches has long puzzled me, and I have sought many, many treatments over the past 10 years to no avail. My headaches have become daily, constant during the past 2 years, exhausting me and eroding limiting every day. This book has given me comprehensive, real answers for the cervicogenic mostly, sometimes migraine headaches I have almost every day of my life, so that after following the exercises and advice in the book just today, my headache, jaw, neck, arm, shoulder, and rib pain are already improving. And now I know who to go see for a comprehensive approach if I need further help: a manual physical therapist. After years of trying Kaiser's very limited form of physical therapy (exercise prescriptions only, a total joke), meds, injections, classes, massage, acupuncture, biofeedback, chiropractic, relaxation, hypnosis, you-name-it-I've-probably-tried-it, and receiving no lasting results, I have hope again because of the integrated approach this book advises, making it the first approach I've seen that addresses the whole elephant, not just an ear or tail. Thank you do much for such a useful, well-written book!

Learning how to overcome these horrible headaches has been a life saver! Lisa walks you through the different types of headaches and the reasons why they take over our lives. I heard Lisa on a talk show and could hardly wait to read her book. I am excited that she has written quite a few other books on topics that speak to me and will be purchasing those soon.

Very helpful information on practical ways to overcome headaches! The exercises have helped immediately. I appreciate her covering different forms of treatment and helping to understand the spiritual impact as well!!! No headache so far!!

Great author! Great treatment recommendations! A must read for everyone who has headaches/migraines and a must read for practitioners who have patients who suffer headaches/migraines. Why keep popping pills for pain when you can simply and easily treat the underlying cause- read this book to find out how!

Her exercises and recommendations really work. Written in easy-to understand language. I have my own copy and now am buying you a share. There are many people who would benefit from reading this book.

best book out there for people who suffer from headaches. I've been gathering info on migraines for years, and I feel like I learned more than I ever knew, just by reading this book!

This book is the most thorough, easy to understand resource I have found while attempting to educate myself about headaches. I highly recommend it.

Lisa Morrone, PT has become my new best friend. I read and have begun putting into practice the tips and techniques from her book, *Overcoming Back and Neck Pain: a Proven Program for Recovery and Prevention* and now I've found *Overcoming Headaches and Migraines*. Millions of us live with chronic and debilitating headaches that last a few hours or even days. Those headaches impact every aspect of our lives and our quality of life diminishes with the onset of every one of those nasty headaches. Millions of sufferers take over-the-counter remedies and many more millions (like me) take prescription drugs. While the remedies help initially, they can, over time, cause side effects and actually become less potent and even bring about rebound headaches. And that's not a good thing. *Overcoming Headaches and Migraines* is a great help in that Morrone provides information that will help the sufferer uncover the source of pain, avoid unnecessary medication, help to reduce pain, avoid triggers to the pain and oh so many other issues. Her book is informative, comprehensive and goes beyond others I've read because Morrone provides, through photos and description a how-to of posture, lifting, stretches, and other exercises all to help relieve headaches. There is even a section that describes and shows the reader how they should sleep in order to minimize those night headaches. Now the difficult part. This book is fantastic. But it requires commitment on the part of the reader. I suggest that the book be read, portions that pertain to the reader be marked and then, having all this information, you **MUST** follow Morrone's directions. You must keep a record, a daily headache diary, to help you focus in on the type of headache you have. I have always believed that I suffer from migraines and currently take medication. After reading *Overcoming Headaches and Migraines*, I'm not so sure. My diagnosis is yet to come, but I have begun the journey to knowledge by starting my diary. I believe that by following Morrone's suggestions, all of them, I will be able to drastically reduce my headaches. The best scenario would

be to get rid of them all, but I'm willing to take one step at a time. And that's a good thing. Armchair Interviews says: A must have for every home reference library.

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