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Your Headache Isn't All In Your Head (8749)

Adriaan Louw, Ina Diener

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Your Headache Isn't All In Your Head: Neuroscience Education for Patients with Headache Pain is an important guide for patients who suffer from persistent or long-lasting headaches, translating the complex neuroscience of headache pain into language that's accessible to all. Studies show that people who understand how the brain and nervous system work together to create pain are much better off: they experience less pain, function better, have less fear and are more interested in healthy movement and exercise. This understanding is essential to recovery.

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The particular book Your Headache Isn't All In Your Head (8749) has a lot of information on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. Tom makes some research ahead of write this book. This kind of book very easy to read you can obtain the point easily after looking over this book.

Betty Callahan:

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