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# Taking Control of Your Headaches

*How to Get the Treatment You Need*

## **LEARN HOW YOU CAN:**

- Actively collaborate in your own treatment plan
- Identify the causes and triggers of your pain
  - Get more relief with less medication
  - Reduce the frequency of headaches
  - Find the best professional treatment

**Paul N. Duckro, PhD**

**William D. Richardson, MD**

**and Janet E. Marshall, RN**

with Steven Cassabaum, PT, and Greg Marshall, PhD

Foreword by Seymour Diamond, MD

# Taking Control Of Your Headaches How To Get The Treatment You Need

**Rachel Sandford**



## **Taking Control Of Your Headaches How To Get The Treatment You Need:**

## **Taking Control Of Your Headaches How To Get The Treatment You Need** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Taking Control Of Your Headaches How To Get The Treatment You Need**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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