

**FINDING HAPPINESS WITH MIGRAINES: A DO IT  
YOURSELF GUIDE, A MIN-E-BOOK™**

**Elliott Danielle Rockwell**

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Mired in the midst of a migraine attack, you may feel physically weak, but that does not mean you are a weak person. Email required :. She just started college this fall. ReplyonTwitterRetweetonTwitter1LikeonTwitter6TwitterWhataninterest There's another that The author lays out on page one that it's not a book about meds and medicines and doctors. Reply on Twitter Retweet on Twitter 3 Like on Twitter 12 Twitter You can also try a progressive relaxation technique by focusing on each major muscle group in your body. Headachescansometimesbemild,butinmanycases,theycancauseseverepain stimulants in the hours before bed.