



Headache Survival PA

Robert S. Ivker

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Too often, we dismiss the headache as a "minor" ailment, one for which the phrase "take two aspirin and call me in the morning" was created. But for millions, migraine, tension, and cluster headaches are debilitating conditions. In the latest of his "survival guides" modeled after *Sinus Survival*, Robert S. Ivker, D.O., provides relief from this misunderstood affliction.

This book contains all the elements of the previous "survival guides" and these special features:

- * the Headache Quick-Fix
- * the causes of migraine, tension, and cluster headaches
- * a Migraine Disability Assessment (or "Midas") questionnaire
- * resources for sufferers.

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