

*Take Charge of Your Migraine*

# **MANAGING YOUR MIGRAINE**

*A Migraine Sufferer's Practical Guide*

**Susan L. Burks, MEd**

*"This book should be required reading for patients,  
their families, and their physicians alike."*

*from the foreword by  
Fred D. Sheftell, MD*

# Migraine A Practical Guide

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