



Migraines: Living with Migraines: The most important information you need to improve your health (The Everything® Healthy Living Series)

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Do you or a loved one suffer from migraines? The Everything Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life.

Inside you'll find expert advice and helpful tips on managing migraine pain, the importance of developing regular sleeping patterns, the benefits of exercise, and vital tips on navigating your personal and professional life. Living with migraines can be challenging, but with the right guidance you can live a happy and healthy life.

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