S.L. Burks

**Managing Your Migraine**

*Managing Your Migraine* speaks to your needs as a migraine sufferer. It confirms that you suffer from a genuine physical illness and that others share your frustration, disappointments, and anger. Its goal is to move you beyond "learning to live with it" to a full understanding of its mechanisms, symptoms, and treatments. This book proves that you can take charge of your illness—and shows you how to do so safely, effectively, and with real confidence.