

THE ULTIMATE SELF-HELP GUIDE TO HEADACHE RELIEF

*Relieve Your Tension Headaches
Naturally and Get Your Life Back*

Over A Dozen Step-By-Step Maneuvers
From the best selling author of *Unwinding the
Body and Decoding the Messages of Pain*



DANIEL LOPEZ, D.O.

Self Help Ultimate Guide

David A. Wacker



Self Help Ultimate Guide:

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A Physician's Complete Guide to Medical Self-care Timothy Rumsey, Orlo Otteson, 1981

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Program, 1986

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