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Autore	Miller Emmett
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Altri autori (Persone)	MillerEmmett
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Sommario/riassunto	In this program you will find powerful mind-body approaches that prove helpful for most headaches. There are four separate deep relaxation and guided imagery experiences designed to: - Relieve the discomfort through a deeply relaxing technique of muscle tension release; - Trace the cause of your pain through a brief exploration of its origins, and alter the patterns that may be giving rise to repeated episodes of pain; and - Use imagery as a daily measure to keep you pain free and feeling comfortable. A special 7-minute relaxation ritual is provided for use each morning to start the day relaxed and breeze through challenges that might otherwise have caused a headache. Finally, at the end of each day another stress management exercise will assist in washing away any accumulated tension.