

# 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.

# Ultimate Guide Self Help

**Lucy Toulmin Smith**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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