



Breaking the Headache Cycle: A Proven Program for Treating and Preventing Recurring Headaches

Ian Livingstone, Donna Novak

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Two headache specialists offer their innovative Headache Reduction Program, for treating and preventing recurring headaches

Twenty-eight million people in the United States suffer from chronic, recurrent, often disabling headaches-half of them forgoing medical attention in favor of analgesics that do nothing to prevent the next one. In *Breaking the Headache Cycle*, the authors-migraine sufferers themselves-present the integrated Headache Reduction Program (HARP) that they developed at the Princeton Headache Clinic.

Based on the central insights that the predisposition to headaches is a sign of an unusually sensitive nervous system and that drugs are only one component of the most successful treatment plans, this remarkable program instructs readers in a range of techniques, including:

- how to relieve the pain of migraines
- how to detect and ward off oncoming headaches
- how to prevent migraines from even threatening

The innovative solutions detailed in *Breaking the Headache Cycle* range from simple breathing exercises and dietary changes to support groups and the latest medications. In this thorough and accessible guide, the authors promise new relief for those already being treated for recurring headaches and for those who currently suffer in silence.

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