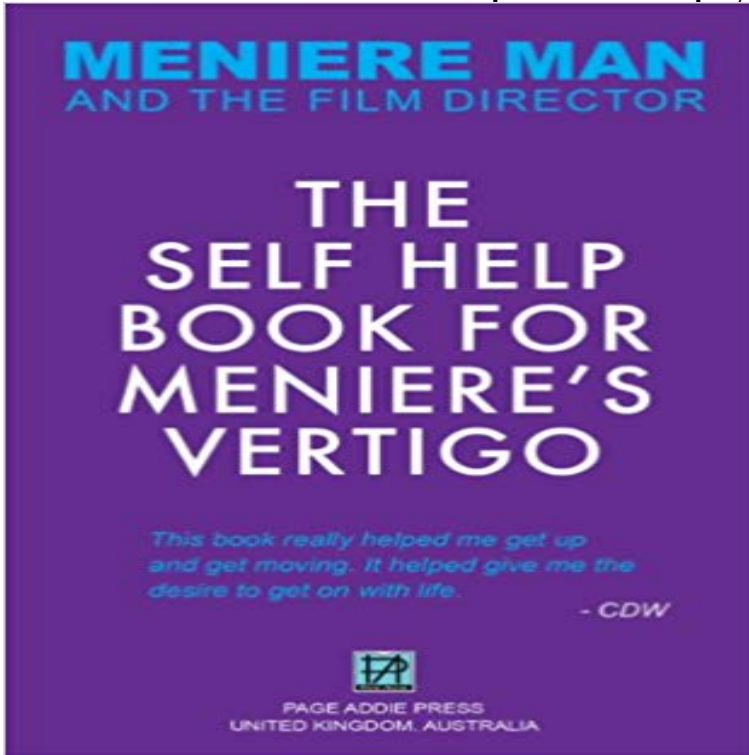


Meniere Man. The Self-Help Book For Menieres Vertigo Attacks.: The essential Meniere action plan to help you cope, manage and recover.



FROM MENIERE SUFFERER TO MENIERE SURVIVOR. SIMPLE AND EFFECTIVE WAYS TO HELP PREVENT MENIERES VERTIGO FROM TAKING OVER YOUR LIFE. Find out what works to help prevent attacks and lessen the intensity of vertigo attacks. The Author shares his own practical and successful, direct-action plan. A self-help guide you can use everyday. Now you can have greater control over any vertigo attack. Follow the same simple strategy he calls BME (Beginning, Middle, End). Use the BME strategy and you will learn how to predict an oncoming vertigo attack. How to take positive immediate action. How to prevent an attack. Reduce stress anxiety and severity during a vertigo attack. Recover faster after a vertigo attack. This is a self-help focused book, with the same easy, simple techniques the Author used himself to ultimately live a full life again, free of Menieres disease vertigo attacks. Taking a unique perspective, based on his personal experience, this Meniere survivor, delivers an inherent understanding of the physical, emotional and mental effects of Menieres vertigo and what you can do to help yourself. This is an holistic, positive, empowering approach to recovery.

ABOUT THE MENIERE MAN SERIES When the Author was diagnosed with Menieres, his ENT specialist handed him an A4 leaflet and told him to keep away from stress and to not eat salt. That was it! There were no books on the subject in bookstores or libraries. The internet was in its infancy - you couldnt even send an email. He had to take recovery into his own hands. Armed with hope, determination and a positive attitude, he recorded daily accounts of what worked and didnt work, until he amassed four years of handwritten diaries, daily journals and notebooks. Once he recovered health, he decided to write a series of books to cover every aspect of this multifaceted condition. Since publishing

the first self-help memoir and a complete series of self-help books, the author hopes that the world for Menieres sufferers, is a less frightening place. On completion of his first manuscript, three years later, he presented it to his two ENT specialists to review. Both professionals said, they believed, even medical people would benefit from his experience. Every life-changing event happens for a reason. If this book finds you on the same Menieres journey, there are two things I'd like to add here. HOPE and my heartfelt and sincere BEST WISHES for a full recovery very soon. If I can do it, then so will you. Similar related tags: inner ear, vestibular, low-sodium, low-salt, symptoms, vertigo, aural, audiometry, disability, diagnostic, onset-vertigo, ENT, specialist, deaf, deafness, otologist, cochlear.

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