



Meniere Man and the Astronaut: The Self Help Book for Meniere's Disease

By Meniere Man

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Includes a 'personal' notebook with 100 ideas for managing and coping with Meniere's disease. Get help and practical advice to: Reduce symptoms, manage attacks of vertigo and dizziness. Self-help every sufferer of Meniere's disease can use everyday. With the ultimate aim of totally recovering a full and active life, as the Author went on to do. The Author proved that you can't wait until you feel well to start working towards better health. So what makes Meniere Man And The Astronaut different? Unlike a medical text, this book is written with sensitivity for the condition and practical advice based on personal experience. The advice given will help anyone diagnosed with Meniere's and also help doctors, ENT specialists and family understand Meniere's disease from a patient perspective.

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Editorial Review

Review

AMAZON NUMBER ONE #1 BESTSELLER: Meniere Man and The Astronaut.

The Self Help Book For Meniere's Disease by Meniere Man.

Since publication, widely recommended by ENT Specialists and Audiologists in Australia, New Zealand, United Kingdom.

Users Review

From reader reviews:

Adele Yeager:

Now a day people who Living in the era everywhere everything reachable by interact with the internet and the resources within it can be true or not demand people to be aware of each details they get. How a lot more to be smart in obtaining any information nowadays? Of course the reply is reading a book. Examining a book can help folks out of this uncertainty Information especially this Meniere Man and the Astronaut: The Self Help Book for Meniere's Disease book as this book offers you rich data and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it everybody knows.

Kimberly Hutton:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Meniere Man and the Astronaut: The Self Help Book for Meniere's Disease can be very good book to read. May be it is usually best activity to you.

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