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Mind Over Meniere's: How I Conquered Meniere's Disease and Learned to Thrive (English Edition)



Par Glenn Schweitzer
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Description :

Prsentation de l'diteurIf you, or someone you love, suffer from Menieres disease, there is so much hope!Glenn Schweitzer was 24 years old and in his senior year of college when an attack of violent vertigo changed his life forever. He was diagnosed with Menieres disease, a complex and debilitating chronic illness

that causes vertigo, tinnitus, ear pressure, and progressive hearing loss. To this day, there is still no cure or even an understanding of what causes it. But he eventually found ways to cope and was able to take back his health, piece by piece. Through Glenn's terrifying, yet inspiring story, and with dozens of specific actionable techniques, you will be able to take back control of your life, too. You will be able to face your Meniere's disease without fear. You will learn to manage your symptoms and live in harmony with your disease. And most importantly of all, you will learn to thrive again. No matter how long you have suffered, this book will help you to get better. Meniere's disease will not define you. It cannot and will not ever be bigger than your dreams.

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Biographie de l'auteur Glenn Schweitzer is a small business owner, entrepreneur, and the creator of the popular Mind over Meniere's Blog. He is passionate about helping others with vestibular disorders and volunteers as an Ambassador Board Member for the Vestibular Disorders Association (VEDA). His articles have been read by tens of thousands of Meniere's disease sufferers in over 140 countries worldwide. He continues to raise awareness for Meniere's disease and spread his message of hope to those in need.