



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

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Meniere Man and the Astronaut: The Self Help Book for Meniere's Disease Meniere Man
THE BESTSELLING SELF-HELP BOOK FOR MENIERE'S DISEASE. Recently Voted by over 4000 Goodreads readers as " A BOOK EVERYONE SHOULD READ AT LEAST ONE IN THEIR LIFETIME"
Widely recommended by ENT Specialists and Audiologists in Australia, New Zealand, UK. 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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