

Migraine Relief Guided Self Hypnosis: Ease Headache Pain & Deep Relaxation With Meditation & Affirmations [Unabridged] [Audible Audio Edition] **By Anna Thompson**

By Anna Thompson

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Maggie Phillips, Ph.D., is the author of Finding the Energy to Heal and co-author of Healing the Divided Self. She is now writing her third book, Reversing Chronic

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