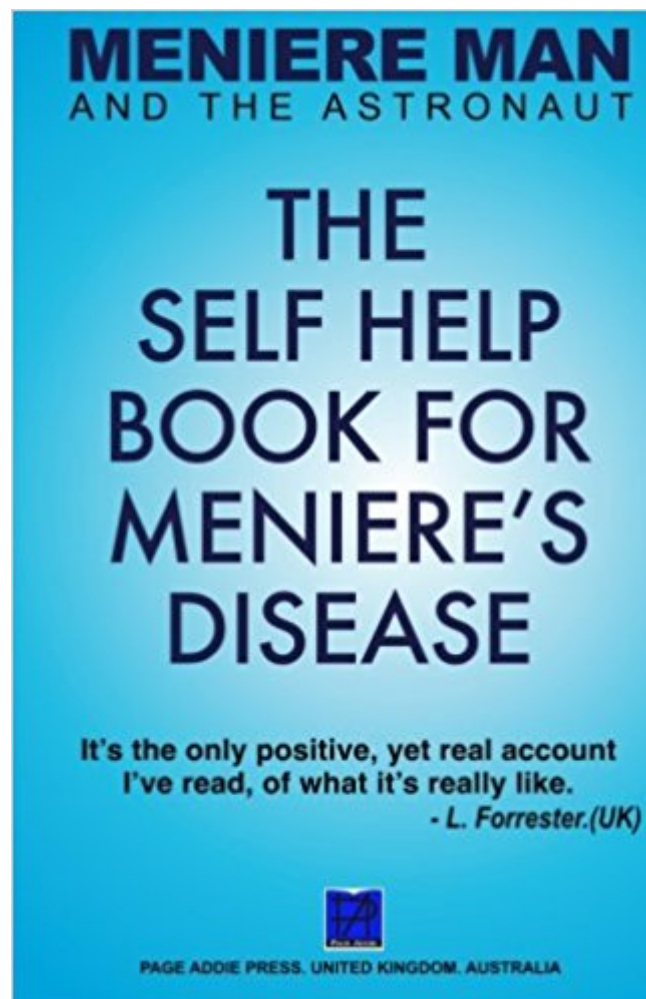




The book was found

Meniere Man And The Astronaut. The Self Help Book For Meniere's Disease



Synopsis

No known cure for Meniere's doesn't mean you can never get better. You can! In this book the Author explains absolutely everything he did – to make a full recovery and get his life back. Recovery began with a desire to get "back to normal". He decided that you can't put a limit on anything in life. What he shares with you now, worked for the 100% recovery he experienced. – Valuable self-help information – every sufferer of Meniere's disease can use everyday. – Direct-action, simple, practical, effective ways – which, when applied, can help you get over Meniere's too. – INCLUDES: – Meniere Man's own self-help notebook: – 100 simple ideas – that worked to manage and cope with Meniere's disease and help him recover. – Look forward to making a recovery: No more bad days. – No more Meniere's brain fog. – No more exhaustion. – No more lack of energy. – No more vertigo attacks. – No more wooziness. No more dizziness. No more depression. No more anxiety about Meniere triggers. – No more worry about Meniere's attacks. Meniere Man maps out his personal battle with Meniere's, and even more importantly, the exact paths he took to make a recovery, – WITHOUT SURGERY OR ANY INVASIVE MEDICAL PROCEDURES. An extraordinary book written about Meniere's Disease from a personal perspective of suffering, coping and going forwards to make a full recovery spanning nearly two decades. – This best seller is recommended by ENT Specialists, Audiologists and medical specialists in Australia, New Zealand, UK, USA. His findings are now widely quoted all over the internet. Aside from writing the series of self-help books on Meniere's, Meniere Man supports Meniere's research worldwide. He has published his findings in Meniere support magazines in Europe and Australia; giving talks to Meniere groups; giving one-on-one face-to-face sessions to help sufferers, as well as telephone mentoring support. Similar related tags: inner ear, vestibular, low-sodium, low-salt, symptoms, vertigo, hearing loss, tinnitus, dizziness, dizzy, balance disorder, recurrent attacks, fluctuating hearing, sensorineural, hearing loss, affected ear, aural, audiometry

Book Information

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Customer Reviews

W. Baber, Specialist: MB ChB, FRCS Inner Ear Disorders, Balance Disorders: "Even a medical person would benefit from the advice given and the experience you have had." "Looking at alternative ways of helping a long standing, ongoing, variable condition can be very helpful." "The cause of Meniere's is unknown, therefore the treatments manifold, that straight medicine alone does not hold all the answers, if indeed hold any at all." "Meniere Man: The Self- Help Book For Meniere's Vertigo Attacks was a most useful book for my husband to understand and cope with the actual attacks. "And the other book which was good for us both to understand meniere's was Meniere Man and the Astronaut : The Self Help Book For Meniere's." "Includes a 100 simple and positive things to do...and many suggestions don't cost money. "Very practical and helpful." - Experience Project. "His approach to living with a chronic condition like Meniere's makes the most sense to me." - justsimplydizzy.blogspot. "Of all the books I have read, this one has been the most down to earth and helpful." - justsimplydizzy.blogspot. "I found 100 things to do for Meniere's in Meniere Man and the Astronaut, another generous personal story." - [rjdempsey.com](#)

"Every life-changing event happens for a reason. If this book finds you on the same Meniere's journey, there are two things I'd like to add here. HOPE and my heart felt and sincere BEST WISHES for a full recovery very soon. If I can do it, then so will you." "Soon after I was diagnosed with Meniere's, I had an overwhelming desire to get "back to normal" and not give up to a life of Meniere's symptoms of severe vertigo, dizziness and nausea." "I decided that you can't put a limit on anything in life. Rather than letting Meniere's disease take over my life, I started to focus on what to do about getting over Meniere's disease symptoms without surgery or drug dependency." "I really do believe, that if you want to experience a marked improvement in health, you can't wait until you feel well to start. You must begin to improve your health now, even though you don't feel like it.

The more you do, the more you can do."~ ~

The book is full of encouragement for those that have Meniere's symptoms. It has been very helpful to me. Every patient may have a different response to diet, exercise and other therapies....but I would say it is worth reading the book and trying the suggestions the author proposes. I am in the process of following everything regarding diet, exercise and anxiety therapy and it seems to improve the symptoms (so far...only 4 weeks on the trial). But I would love to report in 12 months from now. In any case, my attitude has changed and now I am willing to do better.

This was a great purchase! It has really helped my husband. There is no cure for Meniere's, but this book has helped my husband [and me] realize he can live and live well with the disease. His attitude about himself and his responsibility to take control of his life has become such a positive thing that I believe he is healthier and happier than he has been in a long time. There is no magic here...just good common sense with inspirational words that stick with him and guidelines for living a good life with a rough disease. Thank you, Meniere Man.

Liked the simple easy reading story type style of the writing. Lots of good advice and encouragement. A very quick and easy read. I've had meniere's for 15 years and like the author vowed to not let it take over my life. A recent bout of flare ups with dizziness made me feel like I had lost control. After reading the book I will double my efforts to continue to win the fight and not be slowed by meniere's.

The holistic approach suggested in this self-help book for Meniere's Disease gave me some tools I could use to assist me with symptoms which was more than my doctor offered me. I loved the positive suggestions. They made sense and the majority can be fitted into one's lifestyle regardless of financial status. Finally, some sound practical advice from someone who understands the condition.

My wife was just "diagnosed" with Meniere's. It's difficult to diagnose, and many doctors just want to "not rule it out." My wife really could relate to the author. Everything he was describing was what she was experiencing. He broke down every piece of information and tip into easy-to-understand language. He was short, sweet and to the point. I highly recommend this book. He also cuts to the chase, describing what to expect. It can be tough, but it also offers hope.

I bought this hoping for some concrete help on dealing with menieres disease symptoms but that's not what this book is for. The author discusses his mental strategies for dealing, but not the physical elements of the disease. Instead of tips for avoiding dizzy spells it's more a motivational self - help book for staying positive in light of this crummy disease. If you need some positive affirmation that it's not as bad as you think this is the way to go . Very casual writing style and easy to finish in one long sitting.

My mother has Meniere's - diagnosed about 3 years ago. We've been to numerous doctor's, gone through job loss, financial hardships and soul searching. This book literally outlined much of what my mother and our family have experienced. It is helpful, uplifting and reminds Meniere's survivors to take back their lives. Many of the recommendations are very useful and I think helpful tools to maintain a sense of normalcy and support when Meniere's attacks present themselves. My mother has been reading the book over the weekend and really likes it. Recommend this book.

A very short book without much scientific info, but lots of techniques and thoughts on how to cope with Menieres. A good book to give to family members so they can understand your condition and better help you recover from attacks.

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