



**Migraines: Migraines in Women and Men: The most important information you need to improve your health (The Everything® Healthy Living Series)**

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Do you or a loved one suffer from migraines? The Everything Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life.

All migraines are not created equally. Inside you'll find expert advice and helpful tips on how migraines affect men and women differently and the gender-specific triggers to identify and avoid. Living with migraines can be challenging, but with the right guidance you can live a happy and healthy life.

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