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Mind Over Meniere's: How I Conquered Meniere's Disease And Learned To Thrive



Synopsis

If you, or someone you love, suffer from Meniere's 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 Meniere's 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.

Book Information

File Size: 2051 KB

Print Length: 138 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 31, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0147O63PA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #117,055 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

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Customer Reviews

All people suffering from MÃ©niÃ©re's Disease as well as their family and friends should read this book! There is so little understanding of this disease. Even our Doctors don't tell us what to expect. My ENT put me on diuretic and 1000 mg sodium diet and I already had very low blood pressure. That did not work out. It had been a juggling act for me with the Low blood pressure problem and the diuretic. Not until this Book did I feel I found an understanding friend. Glenn Schweitzer's book told me what to expect better than any medical office. He helped me realize my future is not dark and I am not alone in this. He helped motivate me to exercise and improve my physical health. He shared a symptom trigger tracking log (on his blog) to help me see what recurrent habits I may have with my diet and daily life that may be potential triggers. I am learning as I go and it is helping me regain a sense of some control in this. My symptoms are better. His recommendation of musicians' earplugs to me helped my hyper-sensitive ears (the sound system was sending me into vertigo near drop attacks at my church) and now I thankfully can listen to the music at church and go to concerts and movies. They help my ears tolerate without sound triggered panic & vertigo in the open echoing places and chaotic noisy environments. I have tried a product he recommended for my awful dementia-like Brain Fog, Alpha Brain and it has helped me tremendously. I was forgetting names of friends one morning at church, and trouble thinking at all and after taking the supplement my fog lifted and brain worked much better that afternoon. He gives us new weapons to try to fight this thing like the concept of "Flow States". I am in agreement with him that our creativity and passions can decrease our symptoms by stimulating our brains. I have been in a "Flow State" making crafts for my Church Christmas Bazaar. I was obsessed to the point I would forget to eat and couldn't stop working on the craft projects until late at night, even waking up middle of the night with new craft ideas right and left. I was Painting snowmen and other things on scrap wood and making lighted gourd nativities. I was Obsessed and driven on this "mission" from September until December 2016 and subsequently my symptoms subsided the entire time and I did not think I had MD any more. After my craft Bazaar was finished and my "work" was done my symptoms came back. So I see hope, possibilities and purpose for my life in that and am thankful. I am thankful for Glen Schweitzer, for caring about us enough to share these things he has learned in his experience with his disease. He gives us new hope. He urges us to seek our Passions. He empowers us with new ways to fight this awful disease. I'm looking forward to reading his other book. I went from feeling hopelessly beaten to finding my joy in my life again. I encourage you all to read it.(A picture of me and my crafts from my flow state attached)

Meniere's Disease is nothing less than devastating to those people who have it. This book offers some wonderful suggestions and personal thoughts from Glenn that will give you some great ideas on how to "live" with this disease. Glenn says, "Do Not Let This Disease Define You". After reading this book, I feel much more secure about myself.

Really Great book - goes into discovery and options to deal with this horrible chronic condition Menieres. The author is also available for advise via Social Media. I was personally able to speak to him over the phone. He really cares and listens to your exact symptoms. He is happy to help you manage your Menieres and have a quality of life that you can maintain with some simple suggestions that worked for him. It may not be what your old norm was but you will discover through his experiences new ways to help yourself. Everyone is different in their journey but his suggestions give you hope. Thanks Glenn for all you continue to do for us suffering with this condition.

This book has helped me so much on my journey with Meniere's. I've read it two times and have highlighted all the important pieces to refer back to. Glenn is amazing at keeping it positive and helping to realize there is hope! I also have his book Rewiring Tinnitus. I've also read this a few times and am just as happy.

A valuable MUST READ for anyone diagnosed with Meniere's, or has a family member or friend diagnosed with the disease. Glenn offers hope, practical suggestions to manage symptoms, and resources for where to find help and information all written in a down to earth, positive, encouraging way from someone who knows first hand. Glenn also creates community and lets you know you are not alone.

This book is a must have for those suffering from or supporting someone with Meniere's Disease. Glenn's book is by far the best resource I have found to help me navigate the many roads of this condition. He not only helps with sound and practical advice he gives you hope that you can get your life back! I highly recommend this book.

A very plain written book that is easy to understand and follow. Highly recommended! I purchased this book for my 83yr old Mother. She really enjoyed the book and appreciated the knowledge within the book. Nice Job.

Outstanding book! This book can be used by anyone with a chronic condition as the advice is excellent.

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