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The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health Mass Market Paperback Nov 24 2009 by Carolyn Bernstein M.D. (Author), Elaine McArdle (Author)

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An Exploration Of 'The Migraine Brain' : NPR Neurologist Carolyn Bernstein, co-author (with journalist Elaine McArdle) of The Migraine Brain, estimates that 30 million Americans suffer from migraines and that most sufferers don't realize they have the condition. Bernstein discusses the causes of migraine headaches and offers suggestions for prevention and treatment.

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Carolyn Bernstein,M.D., is an assistant professor of neurology at Harvard Medical School and a staff neurologist at Cambridge Health Alliance in Cambridge, Massachusetts.

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