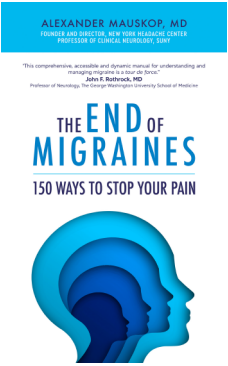


BookTrib Bites: Books for a Better Life, and a Charming Children’s Tale

NewsUSA

(NU)

“The End of Migraines: 150 Ways to Stop Your Pain”
by Alexander Mauskop M.D.

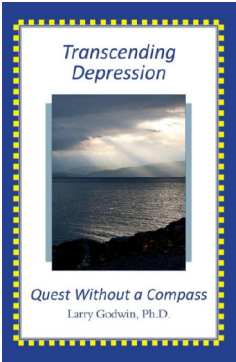


This incisive cutting-edge approach to migraine treatment is highly readable, informative and hopeful, offering ingredients that migraine sufferers can benefit from. The author has treated thousands of patients with migraine during decades of clinical experience. What resonates is how practical a resource this proves to be; one is able to “own” one’s migraine tendencies and

have the knowledge needed to improve his or her condition.

The author’s approach includes understanding environmental triggers, the value of exercise, meditation and diet. It also details alternative approaches including acupuncture and reflexology along with traditional medications prescribed to migraineurs. The breakdown of medications, citing the positive and negative effects, is particularly useful. Purchase at <https://amzn.to/3c69l5W>.

“Transcending Depression: Quest Without a Compass”
by Larry Godwin



Are you or a loved one depressed? This story chronicles the author’s mental illness over 49 years, as well as his attempts to understand it and cope with it. Selected entries from his journals relate insights about the origin of his disorder, his thoughts and feelings, and his reactions to events, as influenced by psychiatric medications and supplements.

The primary motivations are to save lives and encourage others who grapple with either chronic depression or occasional bouts. This book can also help family members and friends of the mentally ill, and their caregivers, find compassion and enable them to understand the struggle. Purchase in bookstores or at <https://amzn.to/3p8zLl1>.

“The Tale of Ferdinand Frog”
by Mark Hughes

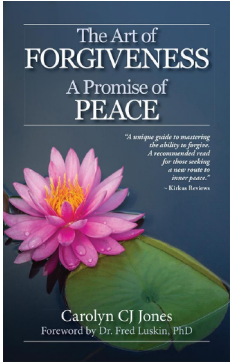


“A clever, sweet story and holds so much wisdom and deep truth all at once.” Ferdinand Frog is in love with Felicity Fogmore-Frog. But Ferdinand’s way to Felicity’s heart is blocked by the evil snake Samuel, who is determined to take Felicity for his own.

Children will be mesmerized by the amazing story of how Ferdinand and his friend Wrinkleskin Rat embark on a magical quest, overcoming many obstacles in order to meet with the wise and all-loving Osmiroid Owl. The owl opens Ferdinand’s mind and spirit to show him how a kindly and peace-loving frog can overcome the evil power and strength of Samuel and win Felicity’s heart forever. Purchase at <https://amzn.to/362Egff>.

“The Art of Forgiveness: A Promise of Peace”
by Carolyn CJ Jones

In these troubled times, The Art of Forgiveness is a breath of fresh, welcome thoughts and ideas. You learn techniques to move beyond the stress, anxiety, and resentment that is likely part of your life today, to a place of gratitude and positivity. When you finish this heartwarming, inspiring book, you experience more self-esteem and confidence. Your relationships with others and yourself improve. You become able to access happiness and joy. You learn of the author’s own journey that resulted in peace and freedom after 40 years of anger and bitterness. You now know it’s possible to move beyond strife to that place where you’re peaceful and free. Purchase at <https://amzn.to/2LjqsXe>.



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Keywords: BookBites, book review, children, depression, health, wellness, mental health,
Meta Description: BookTrib Bites offers these four reads, three geared toward health and wellness, and one children's book.

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