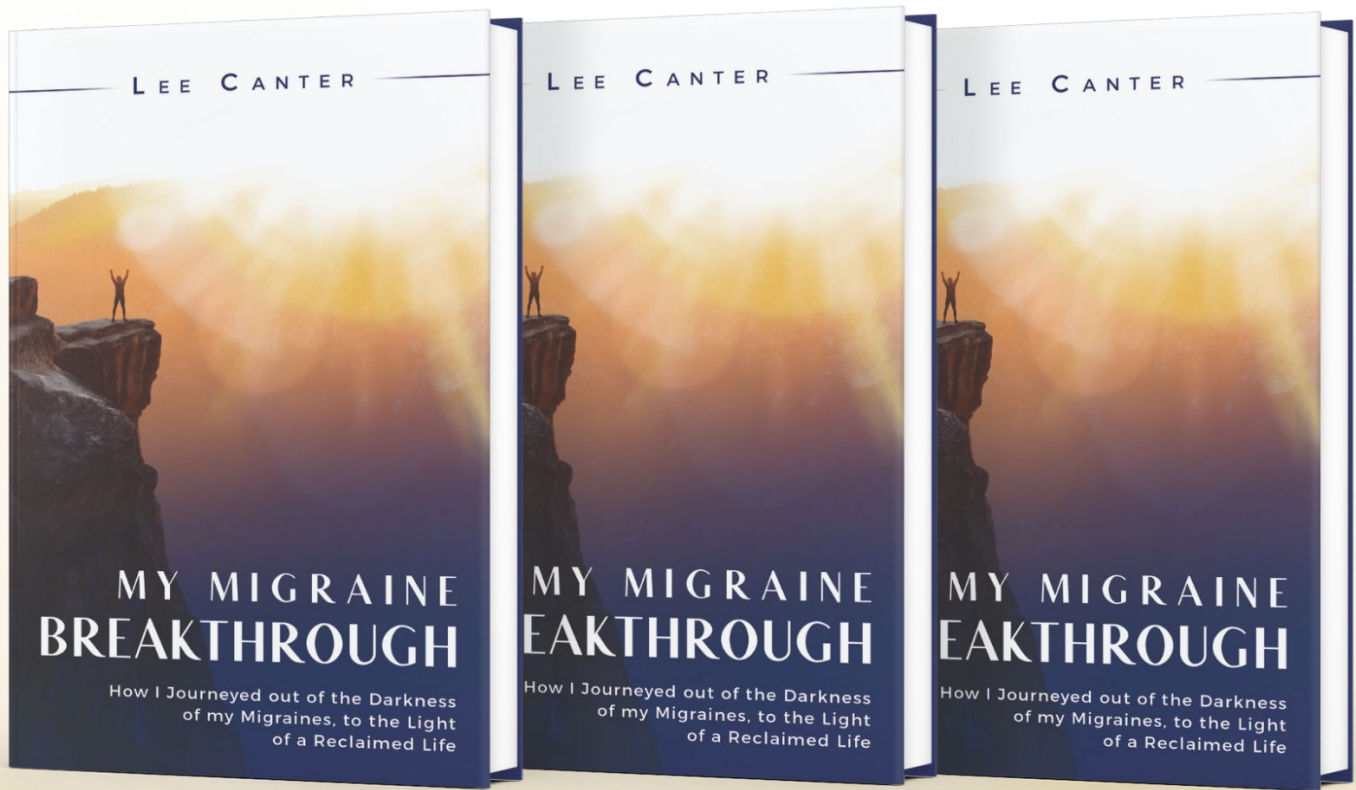


# LEE CANTER

**Author | Speaker | Advocate**



# LEE CANTER

## ABOUT LEE

Lee Canter is a nationally-renowned educator, author and researcher. He is the author of forty books for educators and parents which have sold over one million copies.

As he aged, Lee fell victim to chronic migraines which were not helped by years of extensive treatments by both physicians and alternative healthcare professionals. His dogged research skills led him to find and study a breakthrough evidence-based mind body approach that guided his path to curing his migraines. Lee states: “my mission is to share with other migraine sufferers all I have learned about this treatment approach that can offer a journey to healing.”



In order to facilitate this goal, he's committed his writing skills to produce *My Migraine Breakthrough*. This inspiring memoir introduces to migraine patients, who have not been helped by the traditional medical model, an innovative treatment approach that has the potential to reduce the impact of their illness.

He has started a nonprofit organization, named after his book, *My Migraine Breakthrough*, to enable him to reach as many migraine sufferers as possible. All profits from his book will go to further this effort.

He is the patient advocate member of the prestigious Psychophysiological Disorder Association Board of Directors, the leading professional organization of mind body medicine practitioners.

Lee lives in Manhattan Beach, California with his beloved wife Barbara, and his dog Dude. He loves spending time with his children and grandchildren, his photography and charitable work.

# LEE CANTER



## THE NON-PROFIT

The My Migraine Breakthrough nonprofit's mission is to educate migraine sufferers in the use of an evidence-based, mind-body migraine treatment approach.

Today there are literally millions of migraine sufferers who simply are not helped by current medications or treatments. Unfortunately, only a small fraction of these individuals have been introduced to the TMS treatment approach, one which holds the potential to help many of them.

It is the goal of the nonprofit to:

- Provide up to date research on evidence-based TMS treatments for migraines;
- Interviews with leading TMS healthcare providers;
- Interviews migraine sufferers who have recovered using the TMS treatment approach.

This vital information will be provided by a regular blog, and presentations on leading mind-body medicine podcasts.

*"My mission is to share with other migraine sufferers all that I have learned about a treatment approach that can offer a journey to healing."*

- Lee Canter

# LEE CANTER

## WHY BOOK LEE?

Lee is a nationally known speaker who has made countless presentations to audiences both virtually and live in-person. He merges energy and enthusiasm to empower and embolden any audience, and, at this time, the focus of his speaking efforts is on his inspiring story of how he was able to recover from years of chronic migraines.

## Suggested Interview Topics

- How Lee Canter, a nationally known, best-selling educator and author, used his dogged research skills to find and study an evidence-based mind body treatment approach that guided his path to a cure for his migraines.
- Follow Lee's journey to cure his chronic migraines in his fascinating memoir *My Migraine Breakthrough* filled with key insights and resources that may enable your audience as well, to find the root cause of their suffering, and finally leave the darkness the migraines have cast upon their lives behind.

## Suggested Interview Questions

- Your chronic migraine journey can be summarized by the following grim numbers: 7 years practically bedridden, 10 doctors, 15 medications, 3 hospitalizations, 2 pain psychologists, and 6 alternative medicine treatments. How does it feel to hit a dead-end with migraines? Did you ever think you would be able to get out of that situation?
- You have gone through years of extensive treatments by both physicians and alternative healthcare professionals. Why do you think they could only take you so far with palliative care? What was missing?
- You tried more doctors, medications, and alternative treatments than you want to remember. What shifted when you started your research on the mind body treatment - TMS?
- How did your research, reading, interviews with fellow migraine sufferers, and discussions with medical experts help set the path of your recovery in the direction that led to a cure?

# LEE CANTER

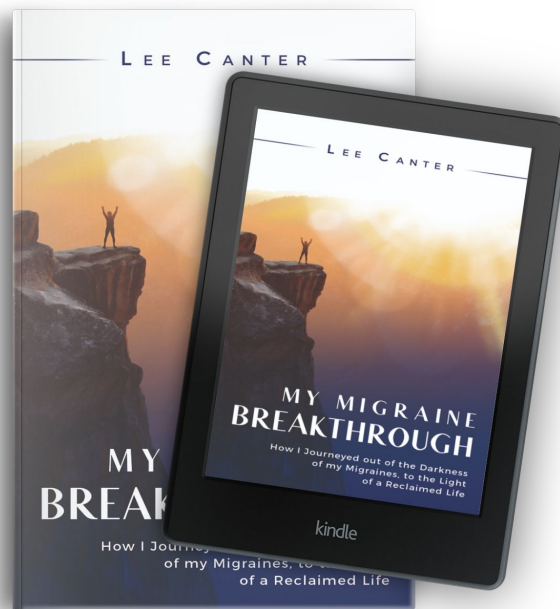
- What is exactly TMS? What are the three steps of it?
- Who can benefit from the TMS approach?
- Now that you have reclaimed your life back, you are on a mission to share with other migraine sufferers all that you have learned about a treatment approach that can offer a journey to healing. How did you come up with the idea of writing a book?
- *My Migraine Breakthrough* is not a medical-technical book but rather an enlightening memoir that presents the breakthrough medical treatment you found that helped you to recover from your migraines and that can also shed light on others' healing processes. How different is your book from all other books on migraines that we have out there?
- All net proceeds from the book are geared towards the support of the *My Migraine Breakthrough* nonprofit organization that you have founded. What is your mission with the organization?
- Where can people learn more about you, your book and the My Migraine Breakthrough organization?

*"It is my profound desire that my story of how I journeyed out of the darkness of my migraines, or to the light of a reclaimed life, will give hope to any migraine sufferer who has not been helped by conventional medical treatments."*

- Lee Canter



# LEE CANTER



## ABOUT THE BOOK

**The steps I learned that enabled me to heal from a painful existence with chronic migraines.**

Lee Canter's chronic migraine journey can be summarized by the following grim numbers: **7 years practically bedridden, 10 doctors, 15 medications, 3 hospitalizations, 2 pain psychologists, and 6 alternative medicine treatments.** None of these brought him the relief he needed. His life was consumed by the darkness of this debilitating disease. In his resourceful book, *My Migraine Breakthrough*, he does not dwell on how sick he was, but instead, he focuses on what he learned that enabled him to once and for all cure his migraines. If you, like Lee, find your life consumed with the pain and fear of migraines, his story is one you must read.

Have you tried more doctors, medications, and alternative treatments than you want to remember? Your days are still filled with the incapacitation that accompanies migraines? Do you find yourself at a dead end not knowing where to turn to find an answer that can help you reclaim your life from migraines? If so, his enlightening memoir presents the breakthrough medical treatment Lee found that helped him to recover from his migraines and that can also shed light on your own healing process.

# LEE CANTER

A nationally known, best-selling educator and author, he used his dogged research skills to find and study an evidence-based mind body treatment approach that guided his path to a cure for his migraines. Known by several names, TMS (*Tension Myositis Syndrome*), PPD (*Psychophysiologic Disorder*) or *The Mind-Body Syndrome*, this innovative treatment approach focuses on the role stress and trauma, both current and from the past, can have on the brain and nervous system, resulting in the development of migraines. Countless migraine sufferers around the world, for whom traditional medical interventions have not been effective, have successfully used this treatment approach to cure their migraines.

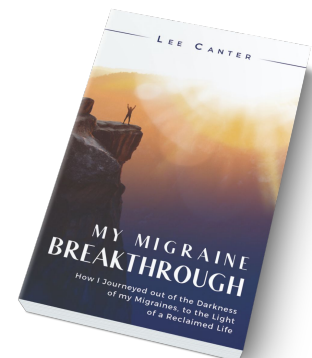
Lee's deep research into the mind-body treatment approach took him on a journey out of the darkness of his migraines, and into the light of a reclaimed life. Now, in his inspiring, easy-to-follow story he presents in detail the steps he followed that helped him ultimately recover:

1. **Step One Learn:** What he learned about the role stress, thoughts and feelings can play in the frequency and severity of migraines and what recent research tells us about how these factors can be dramatically reduced.
2. **Step Two Accept:** Why accepting a new treatment approach that can cure your migraines is so important to recovering.
3. **Step Three Soothe and Heal:** How to use mind body treatment strategies to soothe and heal the impact stress has on the brain and nervous system enabling you to heal from migraines.

Follow Lee's journey to cure his chronic migraines in this fascinating memoir filled with key insights and resources that may enable you as well, to find the root cause of your suffering and finally leave the darkness your migraines has cast upon your life behind.

***\*All net proceeds of sales will be used to support our organization.***

Visit [www.mymigrainebreakthrough.org](http://www.mymigrainebreakthrough.org) for more information.





# LEE CANTER

## PRAISE / ENDORSEMENTS

*"Pain that is generated where you feel it, such as a finger accidentally struck by a hammer, is not difficult to comprehend. Pain generated by the brain is nearly as common but the causes can be a challenge to trace and treat. Lee Canter's memoir is a highly useful, clear, insightful and heartfelt guide to the journey of self-discovery that leads to relief of suffering from migraines."*

**- David D. Clarke MD is the president of the Psychophysilogic Disorders Association. Assistant director at the Center for Ethics and clinical assistant professor of gastroenterology emeritus both at Oregon Health & Science University (OHSU) in Portland**

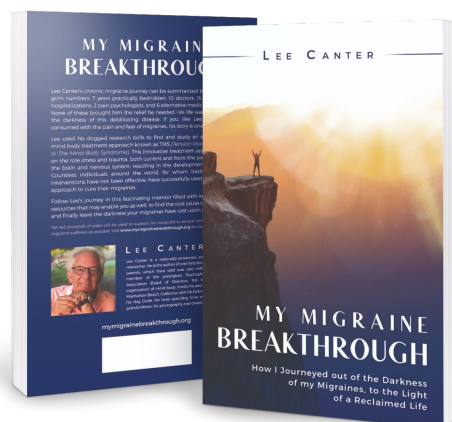
*"Lee's story of healing from migraines is incredibly compelling. It's a great example of how understanding the Mind-Body connection can lead to complete resolution of migraine headaches. I would highly recommend anyone suffering from migraines to read this book and follow Lee's recommendations."*

**- John Stracks, MD**

*"Lee's memoir describes a brave journey from illness and despair to healing and hope, and provides more evidence for the importance of the mind-body connection in finding relief from pain. This memoir invites us to explore our own emotional wellbeing and provides hope for many people living with debilitating migraines. I genuinely urge those who struggle with either migraines or other chronic pain disorders to read this memoir."*

**- Dan Kaufmann, Ph.D.**

**Research Assistant Professor, Department of Neurology, University of Utah**





# LEE CANTER

**TITLE** – My Migraine Breakthrough

**SUBTITLE** – How I Journeyed out of the Darkness of my Migraines, to the Light of a Reclaimed Life

**AUTHOR** – Lee Canter

**PUBLISHER** – My Migraine Breakthrough

**PUBLICATION DATE** – July 21, 2022

**SUGGESTED RETAIL PRICE FOR PAPERBACK** – \$7.99 - \$11.99

**SUGGESTED RETAIL PRICE FOR ELECTRONIC** – \$3.99 - \$7.99

*Available for purchase on [Amazon](#) globally. Retailers may purchase through Ingram globally.*

**BOOK SIZE** – 5" x 8" (12.7 x 20.32 cm)

**# OF PAGES** – 106

**WORD COUNT** – 19,815

**PAPERBACK ISBN #** – 979-8-9862758-0-2

**ELECTRONIC #** – 979-8-9862758-1-9

**LIBRARY OF CONGRESS CONTROL #** – 2022910729

**AMAZON** – [My Migraine Breakthrough](#)

**WEBSITE** – [MyMigraineBreakthrough.org](#)

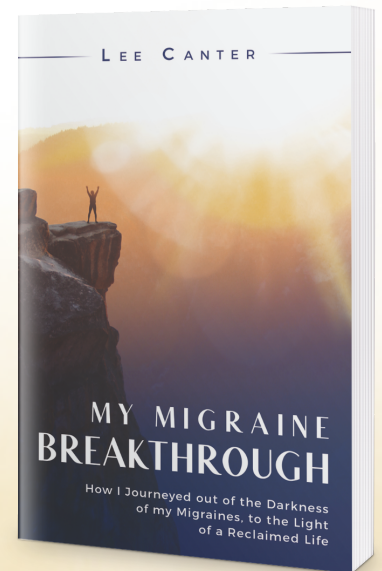
**FACEBOOK** – [My Migraine Breakthrough](#)

**CONTACT** – [lee@mymigrainebreakthrough.org](mailto:lee@mymigrainebreakthrough.org)



# MY MIGRAINE BREAKTHROUGH

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Lee used his dogged research skills to find and study an evidence-based mind body treatment approach known as TMS (Tension Myositis Syndrome or The Mind-Body Syndrome). This innovative treatment approach focuses on the role stress and trauma, both current and from the past, can have on the brain and nervous system, resulting in the development of migraines. Countless individuals around the world, for whom traditional medical interventions have not been effective, have successfully used this treatment approach to cure their migraines.

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TO ORDER OR FOR MORE INFORMATION: [MyMigraineBreakthrough.org](http://MyMigraineBreakthrough.org)