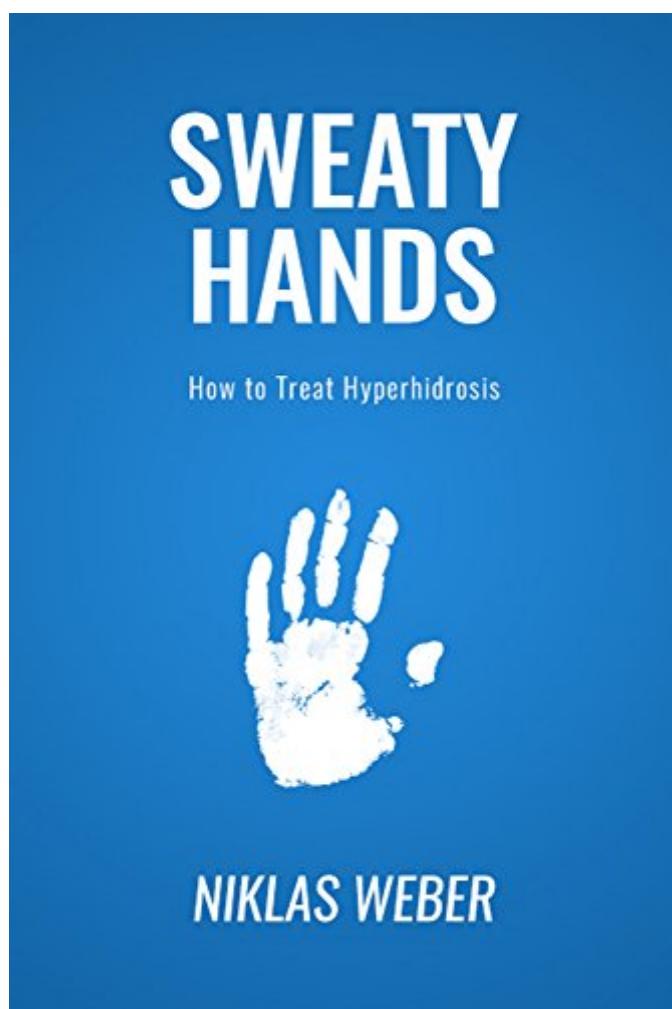


The book was found

Sweaty Hands: How To Treat Hyperhidrosis



Synopsis

Sweaty hands can be annoying! Hyperhidrosis is a condition that causes excessive sweating, particularly in the palms, feet, and underarms, but it can also affect the face and body. If you are suffering from this condition, you are not alone. It is estimated that 220 million people worldwide are affected. Excessive sweating is embarrassing, uncomfortable, and can lead to social isolation.

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Hyperhidrosis is a condition where you sweat excessively. It can affect your social life and self-image. Coping with Hyperhidrosis requires a struggle, but there are treatments available. Not all treatments are effective, but there are actions you can take today that will cure this condition once and for all! This book provides over 10 proven treatments to cure this bothersome ailment! In this book you will learn: What exactly Hyperhidrosis is, What makes you susceptible to Hyperhidrosis, What are the triggers that cause the condition, Traditional treatments available, and side effects. Alternative methods I have tried, and that can work for you too! The book also includes a section on self-care and relaxation techniques to help manage symptoms.

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ff Ñ•Ñ–v you will be Ñ–n Ñ•t Ñ Ñ Ñ–ng it. About the Author Hi! I am Niklas and I'm a 25-year-old German/American who is currently finishing his degree in Economics at the FU Berlin. I am very passionate about reading, running, working out, traveling and trying out new things, the odder the better. Ever since I can remember, my hands have sweat profusely. That made my time at school quite a struggle, as my friends were not too keen on touching hands with me, let's not even start with girls. I was never bullied or felt left out, but I was not treated like all the rest of the kids. When I moved on to university and had to start relating again with people, that's when I decided I had to find a solution to my hyperhidrosis. I started studying a lot about the subject and consulting with different doctors. This book is a compilation of what I have discovered and what has worked for me over the past 3 years. This with the intention that if you suffer from the same ailment I suffer, you can inform yourself and take action about different ways to control your sweaty hands.

Book Information

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Customer Reviews

I felt a lot better after reading this, I will definitely follow the instructions and hope for the best.

Thanks to the author.

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