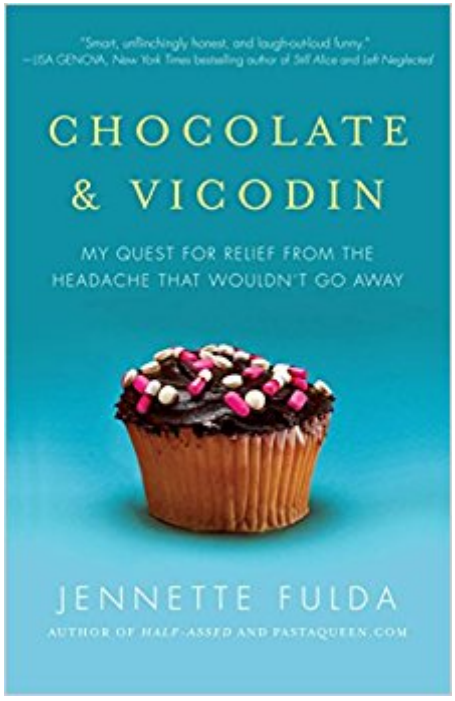
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Chocolate & Vicodin: My Quest For Relief From The Headache That Wouldn't Go Away



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Synopsis

The humorous and touching memoir of a woman whoÃ¢â ¬â„¢s been seeking relief from a headache for more than two years.Jennette Fulda was riding high on the success of her first book, Half-Assed: A Weight-Loss Memoir, until one fateful day in February 2008, when she developed a headacheÃ¢â ¬â •and it never went away. So she dealt with it the best way she knows how: by writing about it. And eating lots of chocolate. In Chocolate and Vicodin, Jennette explores her change of identity from Ã¢â ¬Å“the girl who lost hundreds of poundsÃ¢â ¬Â• to Ã¢â ¬Å“the girl who lives with constant pain,Ã¢â ¬Â• and all sheÃ¢â ¬â„¢s had to endure to try and make the pain stopÃ¢â ¬â •from a bevy of expensive, time-consuming tests, which have taught her interesting facts (for example, that an MRI does indeed cost more than a European vacationÃ¢â ¬â •and doesnÃ¢â ¬â„¢t last nearly as long), to tons of medications prescribed by her doctors to hilarious, sometimes insane advice sheÃ¢â ¬â„¢s received from her blog readers. While nothingÃ¢â ¬â„¢s been able to grant her relief, she has gained a new perspective. Instead of dwelling on the Ã¢â ¬Å“invisible tiara of nailsÃ¢â ¬Â• she may very well wear for the rest of her life, sheÃ¢â ¬â„¢s instead learned how to live with the pain, sharing with readers not only how sheÃ¢â ¬â„¢s managed to get by, but to laughÃ¢â ¬â •and thriveÃ¢â ¬â •in spite of it.

Book Information

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Customer Reviews

Jennette Fulda has already changed her life - from being extremely obese, she went to be more or less normal sized after losing about 200 lbs., mostly for its health benefits.Until one day, while maintaining her weight for quite a while, preparing to run a half marathon, and completing her book about her weight loss - Jennette gets a headache that won't go away. And no Doctor can seem to find the cause of this headache still persists, even though in each initial visit, the practitioner is sure he's the one which can assist Jennette feel better.We all get headaches once in a while, and in most cases when we take some Tylenol or Advil it goes away. In some cases we manage to work through the pain, assuming it would be short, which is the case in most cases. But Jennette's headache persisted for over 18 months until she found partial relief, and even that was unexplained and inconsistent.Therefore, it is hard for us "not suffering from a headache" people to understand the impact of such a headache n the daily life of someone who has to continue functioning when the Advils don't work - and Jennette tells us about her life with her quirky sense of humor about her everyday life, and her various doctors' visits and treatments (and frustrations).

When I purchased this book, I wasnÃƒÂ¢Ã â ¬Ã â„¢t quite sure what to expect. However, the title interested me, since I suffer from this illness and have been searching for relief. Curious about how the two went together, I soon found my answer. The book chronicles the authorÃƒÂ¢Ã â ¬Ã â„¢s experience with many different treatments and how they worked or didnÃƒÂ¢Ã â ¬Ã â„¢t work for her. Written in the form of a journal, the story is told in chronological order. It is very interesting. I would recommend it to any headache sufferer. If nothing else, the book shows that there are others out there and offers a new insight to this life.

I bought this book because I was a fan of Ms Fulda's previous book, Half Assed. I found myself relating to her story more than I expected. Everyone has had an occasional headache from hell, so it's easy to empathize with someone who's had a headache non stop for five years. But as someone with a chronic illness, I found a lot of similarities in our stories. Dealing with work, co-workers, trying to live your life when your health is unreliable, all were topics I could relate to. This is a very inspiring read, and Ms Fulda is an inspiring woman. Of course, one reads the book hoping for a

happy ending, for some miracle cure that will help her. But the book shows us how to live life to the fullest, even when your circumstances make it harder than it should be. This is a book I will re-read.

Anyone who has ever suffered from chronic pain of any kind can relate to what Fulda goes through (and -SPOILER ALERT- is still going through). I'm a migraine sufferer myself, but a few years back I got a "tension" headache that wouldn't go away for months and went through many of the different tests and treatments Fulda did- MRI's, CT's, different drugs, etc. I described my pain to people as the feeling you get when accidently banging the top of your head on an open cabinet door, except the pain doesn't go away. And I recieved the same annoying advice from people: take some asprin, go lay down, etc. I guess my (slight) annoyance comes from the fact that I was a wife and mother and couldn't devote my entire life to my headache like it seems Fulda did. Thankfully, I finally found a mix of treatments that stopped that particular headache, and, of course, I have no way of knowing if my pain was as severe as Fulda's. I enjoyed Fulda's writing style and plan on also reading her weight-loss memoir.(

First, I'm fortunate I don't suffer from chronic pain. I bought Jenette's book because I enjoyed her first one so much and because I've been reading her blog for a very long time. Am I a fan? I think you could say that.I knew about her headache, because she wrote about it occasionally on the blog. I looked forward to reading about the methods she used to help herself out of the chronic pain she was in and she didn't disappoint. How someone experiencing what she's gone through can write about it with grace and humor is beyond entertaining - it's inspirational.While I'm disappointed for Jenette that the last chapter also didn't bring a happy ending - the end of the pain - I'm happy that she's been able to manage the pain and to continue writing. Even for those of us who aren't dealing with a chronic condition, she is a great example of "keep on keepin' on."

For anyone with a chronic headache disease, read this very-appropriately-named book. You'll laugh as you relate to the frustrations Fulda goes through trying to make her headache go away with every method possible. I had a 4 month long headache where I felt completely worthless, and I found this book about a year later. I WISH I had it when I had my headache as it would have helped knowing there were others, but then again, I wasn't doing much reading/concentrating/anything during that time. Jennette Fulda nails it.

I've read both of Jennette's books and enjoyed both enormously. She writes very well, with a nice

sense of humour and a light touch of irony. I would love to read more of her stuff. The only comment I would make is that I think her work would benefit from some editing. At times it gets a little repetitive and she is using a lot of discussion to make a small point. I guess that is the downside of a stream-of-consciousness style such as this. It's a small criticism, though. Good luck, Jennette. Hope to hear a lot more from you! - Sue

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