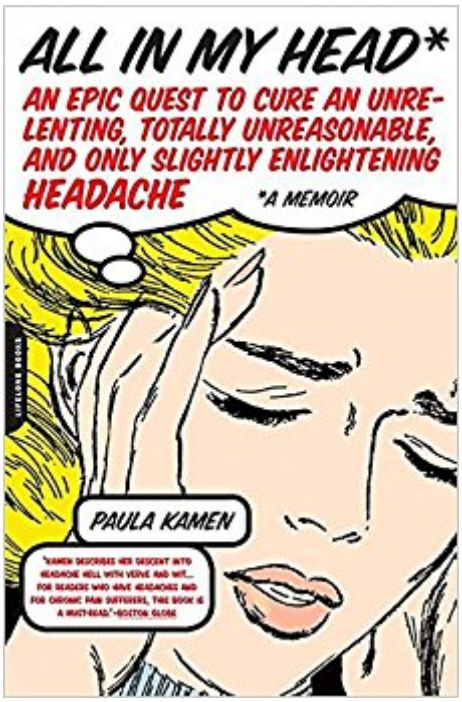
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All In My Head: An Epic Quest To Cure An Unrelenting, Totally Unreasonable, And Only Slightly Enlightening Headache



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Synopsis

At the age of twenty-four, Paula Kamen's life changed in an instant. While she was putting in her contacts, the left lens disturbed a constellation of nerves behind her eye. The pain was more piercing than that of any other headache she had ever experienced. More than a decade later, she still has a headache-the exact same headache. From surgery to a battery of Botox injections to a dousing of Lithuanian holy water, from a mountain of pharmaceutical products to aromatherapy and even a vibrating hat, All in My Head chronicles the sometimes frightening, usually absurd, and always ineffective remedies Kamen-like so many others-tried in order to relieve the pain. Beleaguered and frustrated by doctors who, frustrated themselves, periodically declared her pain psychosomatic, she came to understand the plight of the millions who suffer chronic pain in its many forms. Full of self-deprecating humor and razorsharp reporting, All in My Head is the remarkable story of patience, acceptance, and perseverance in the face of terrifying pain.

Book Information

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Customer Reviews

Imagine the sensation of a fishhook lodged behind your left eye and tugging backwards. Now imagine that you live with that pain 24 hours a day for 15 years. That is Kamen's headache, one that she attempted at first to cure but finally learned to accept. Kamen (Her Way: Young Women Remake the Sexual Revolution) first tried all sorts of drugsÃ¢â ¬â •some were addicting, others made her gain 70 pounds in six months; none had any effect on the pain. She turns to alternative medicine: cranial-sacral adjustments, acupuncture, gluten-free diets, magnets, yoga. Kamen

intersperses her account of these increasingly bizarre treatments with a look at how Western medicine, and even feminism, abandons patients with chronic pain and other invisible ailments: since her pain has no discernible physical cause, she has been told it's "all in her head." This book may not be uplifting, but it is undeniably funny. Kamen's irreverent sense of humor about her pain and herself makes the book a delight to read as she unabashedly pokes fun at the corporate pharmaceutical industry (even while she hopes for a test-tube cure), doctors and other caregivers. Kamen makes the reader understand what it is like to be happy even while one is in pain. (Mar.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A 'must read' for nurses and anyone else who suffers from an invisible disability...Razor-sharp reporting." -- Nurseweek, 6/5/06"Essential reading for anyone who suffers from chronic pain or...enjoys a dash of wit in their memoir-reading." -- Bookslut, September 2006"Exhaustively researched, comprehensive in its cultural analysis, effectively organized, and well, a riot." -- Book Review Digest, December 2006"Exhaustively researched, comprehensive in its cultural analysis, effectively organized, engagingly written, and, well, a riot." -- Women’s Review of Books, May/June 2006"Kamen describes her descent into headache hell with verve and wit.... Her prose is a pleasure.... A must read." -- Boston Globe"Sufferers will find plenty to learn from here...[This] story hasn't been told before." -- Midwest Book Review, September 2006Ãƒâ "Offers a broad look at chronic painÃƒâ …A Ãƒâ ‘must readÃƒâ ’Ãƒâ …with self-deprecating humor and razor sharp reporting.Ãƒâ " -- Nursing Spectrum, 6/19/06

Amazingly informative, resolutely empowering and surprisingly touching memoir. I'm dying to know if Komen has continued her research on the neurological causes of severe headache since the book was published in 2006. I've recently started my journey into intensive treatment for my debilitating headaches. I've been stymied along the way because my headaches aren't "classic" migraines. Now I know exactly what I have -- very similar to Komen's Headache. I have chronic migraine.Thanks to this book, I feel much more able to articulate exactly what is wrong with me and what I want to try next. I'm looking forward to my next headache clinic visit. I'm armed with a list of questions and suggestions that will prepare me to be a more equal partner with the medical team.And what a comfort to know there are other Tired Girls out there. Almost a secret sorority. I've ordered two extra copies, one for my psychologist and one for the headache clinic. And I'm making my husband read it, too.Anybody suffering from chronic pain, not just headache, can get something

out of this book. Bravo!

I've had a chronic daily headache since I was 12, with headaches starting when I was 6. This was a difficult book for me to read, partially because it was just so right on. It brought to light experiences and things that I have felt about this disease, but have never quite been able to articulate. It also helped to bridge some of the gaps in my information, and concisely help me to better understand the past and what to expect in the future. It's sometimes depressing, that's for sure, but it was an invaluable read. Thank you Paula Kamen, for writing it.

If you're dealing with migraines/headaches or other chronic pain, this is a great read. It helps you remember that you're not alone, and that other people are going through crazy healthcare journeys as well. It's also very informative, with a great deal of research.

Great read - I would recommend it to anyone with an interest in the world of headaches, chronic pain, or the world of medicine. This is a memoir of Paula Kamen who one day got a headache. That never went away. She covers her trips to all sorts of specialists, traditional and non-traditional. Her questioning of self, medicine, and the headache. It gets a bit thick at times but I really enjoyed this read. All I can say is that in regards to chronic pain: "She gets it!"

Excellent book and helped me understand what my 16 year old daughter has endured for over a year now. She is my hero and Paula did a great job examining our life for the past year. Job well done.

The book came as shown or as it was described, the shipping was a little slow but it was ok I was not in a rush. Thanks it has been a lot of help.

This book is about one young woman's jolting entry into the world of chronic pain, in the form of a sudden onset splitting headache that wouldn't go away...for years. I found it to be a very well written, sometimes hilarious, sometimes heartbreaking book that I could relate to in many ways. Although I do not suffer from headaches (thank God), I have spent approximately half my life in varying degrees of chronic pain, and have traveled many of the same roads the author has, in search of relief. Reading this book gave me comfort in knowing that I am not alone in my experiences, and that even in the face of overwhelming pain, frustration and fear...there can still be

laughter at the absurdity of it all. I highly recommend this book to anyone with chronic pain, especially, but not limited to, headaches....and also to those who know someone with chronic pain. 5 STARS!

lots of information, nice to read about someone else's head pain and what they have gone thru and that it mirrors your experiences and told with a sense of humor!

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