



## Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out

By Claudia L. Osborn

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Locked inside a brain-injured head looking out at a challenging world is the premise of this extraordinary autobiography. Over My Head is an inspiring story of how one woman comes to terms with the loss of her identity and the courageous steps (and hilarious missteps) she takes while learning to rebuild her life. The author, a 45-year-old doctor and clinical professor of medicine, describes the aftermath of a brain injury eleven years ago which stripped her of her beloved profession. For years she was deprived of her intellectual companionship and the ability to handle the simplest undertakings like shopping for groceries or sorting the mail. Her progression from confusion, dysfunction, and alienation to a full, happy life is told with restraint, great style, and considerable humor.

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### **Editorial Review**

#### **From Library Journal**

Awareness about head-injury prevention has significantly increased in the last decade. Yet on one summer evening in 1988, a young physician out for a bicycle ride without a helmet was hit by a careless driver and sustained a devastating brain injury. This autobiographical account "from the inside looking out" details that physician's experience from the moment of impact through her remarkable comeback to resumption of teaching and research responsibilities. Her story shows the effect of a severe head injury on behavior and personality. This inspiring documentation will assist patients, families, and friends enduring the same difficulties and help health professionals understand and train their patients in the difficult rehabilitation process. Very highly recommended for consumer health and patient education collections. ?Janet Coggan, Univ. of Florida Libs., Gainesville

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#### **About the Author**

Until her injury in July 1988, Claudia L. Osborn taught and practiced internal medicine in a busy inner-city Detroit hospital. A graduate of Vassar College and Michigan State University College of Osteopathic Medicine, she is currently an Associate Clinical Professor of Internal Medicine at MSU, and makes her home in Grosse Pointe, Michigan.

### **Users Review**

#### **From reader reviews:**

#### **Nancy Wiersma:**

People live in this new moment of lifestyle always try to and must have the free time or they will get large amount of stress from both day to day life and work. So , when we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, often the book you have read is usually Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out.

#### **Cindy Moats:**

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**Nick Peoples:**

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**Candace Hernandez:**

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