



All in My Head: An Epic Quest to Cure an Unrelenting, Totally Unreasonable, and Only Slightly Enlightening Headache

Paula Kamen

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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-trying 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.

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