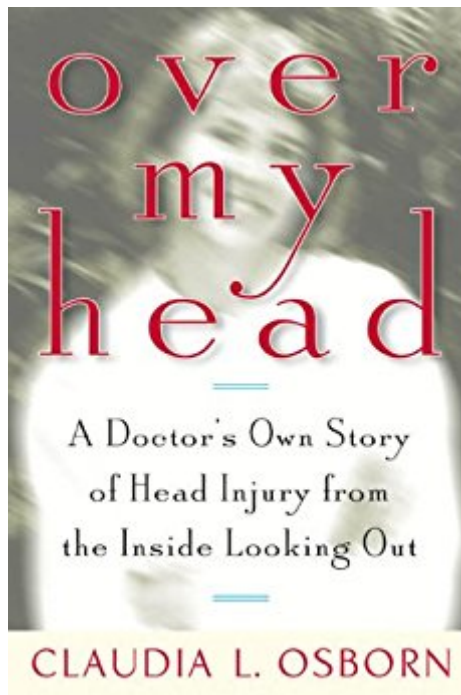


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# Over My Head: A Doctor's Own Story Of Head Injury From The Inside Looking Out



## Synopsis

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.

## Book Information

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## Customer Reviews

Dr. Claudia Osborn does an incredible job of relating the life altering experience of a Traumatic Brain Injury, (TBI). This is a very informative, easy to read & understand book covering the misunderstood and confusing changes and challenges an individual and their loved ones experience after a brain injury. She does so from her perspective as a professional that experiences and learns to manage permanent losses and changes which a person with TBI must learn to

understand, accept, and manage. This book is a must read for brain injured persons, their family members, friends, and care providers, as well as all professionals, (Physicians, Psychologists, Counselors, Lawyers, Emergency Medical professionals, families & patients, etc.). Anyone that even potentially has any contact with a person with a brain injury will benefit from this hard to put down, easy to read & understand book. It is humorous in places but educational, enlightening & informative throughout. A TBI is too often unrecognized and misunderstood. As a medical clinician with extensive Family Medicine and Emergency Medicine experience, and myself being brain injured several years ago, I know that many brain injured persons go without adequate diagnosis or treatment. The physical and psychosocial changes that a brain injured person and their families & friends face are frequently undiagnosed, misunderstood, and improperly treated. The statistics on brain injuries are alarming. I strongly encourage laypersons and professionals alike to read this book. Thank you Dr. Osborn.

Claudia Osborn is an inspiration to anyone who has a traumatic brain injury or anyone who loves someone who has experienced a TBI. This book clearly explains what the life of a TBI patient is like. It helped me so much to better understand the way my husband feels on a daily basis. Things that he has been unable to communicate to anyone before we have been able to discuss since I have read this wonderful book. We also have experienced seeing Dr. Osborn in person and she is just a wonderful person to share her life so that others may learn from what happened to her. Please buy this book if you love someone who has a TBI.

This book was the beginning of my education in traumatic brain injury. After my wife suffered a brain injury a friend recommended I read this book and it really opened my eyes to the things my wife could not express to me any more. It is essential for any one living with someone who has suffered TBI to read this book for a glimpse into what it is like to be brain injured.

Claudia Osborn's autobiographical tale provides insight into the mind of a head-injured patient. A successful physician prior to her injury, she describes the frustrations, indignities, and adventures imposed by her traumatic brain injury. This book does not focus on tragedy but on the strength of human will and positive thinking to overcome adversity and rebuild a new life. Being a medical professional with a mild traumatic brain injury myself, I strongly identified with the author's story (I laughed and cried through the entire book). I found advice, encouragement and hope in this easy-to-read book. I highly recommend it for those who have experienced a mild/moderate

traumatic brain injury and their families, particularly for those with professional backgrounds.

I read this book this weekend and was very impressed with the author, the story and the large amount of information it presented. My brother had a head injury last year and is making tremendous progress, however, I learned much new information by reading this book and I can better understand what he has been going through. My respect for him and all others who struggle and fight to overcome and come to terms with this type of injury is immeasurable. You will learn a lot and cry a lot from this personal and profound book.

As an individual who works with people with various disabilities this book certainly enlightened me on what it means to be an individual with a traumatic brain injury. The challenges and daily struggles were so clearly stated, it helped me to better understand what some of the folks I was working with were unable to so clearly articulate to me. I shared this book with 2 individuals with TBI, their families, and several of my colleagues. 1 of the indiv. with TBI stated ~That's me, that's what I've been trying to get people to understand!" He then shared the book with 2 other folks who knew him. A book that has been a long time coming, and I look forward to the new book Claudia is reportedly working on specifically for individuals with TBI. Keep the great enlightenment coming!

Claudia Osborn is an incredible woman. This talented and compassionate doctor has managed to get on with her life despite a debilitating brain injury suffered after she was hit head-on by a car while riding her bicycle one summer's day in 1988. *Over My Head* is the story of her road back to living a meaningful and full life and the struggles she faced during her rehabilitation. Osborn's book is exquisitely written and her story poignantly told. Through her words, we are given the opportunity to peek into the world of the survivor of traumatic brain injury. Osborn gives a picture of realistic hope to survivors of TBI and their families and does it with sensitivity and a wonderfully puckish sense of humor. We are blessed to have this woman in our midst.

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