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Headaches can be either primary (i.e., not a symptom of another underlying cause), or secondary (as a result of another disorder) (Kemick, 2011). Primary headaches include migraines, tension headaches, cluster headaches, and "thunderclap" headaches (time from onset to severe pain less than 5 minutes) (Gillies, 2009) .

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"English," wrote Virginia Woolf, "which can express the thoughts of Hamlet and the tragedy of Lear, has no words for the shiver and the headache. . . . let a sufferer try to describe a pain in his head to a doctor and language at once runs dry." Despite Woolf's astute observation and the apparent dearth of writings on such subjects, editor Kathleen O'Shea has managed to gather a wide selection of helpful excerpts, chapters, poetry, and even a short play in this anthology--all with a view toward increasing our understanding and ending the stigma attached to migraines and migraine sufferers. Unlike clinical materials, this anthology addresses the feelings and symptoms that the writers have experienced, sometimes daily. These pieces speak freely about the loneliness and helplessness one feels when a migraine comes on. The sufferer faces nausea, pain, sensitivity to light, and having the veracity of all these symptoms doubted by others. O'Shea, a professor of literature and a migraine sufferer herself, also includes an original essay of her own reflections. Offered as an alternative not only to medical writing but also to self-help books and internet blogs, So Much More Than a Headache addresses a real omission in the available works on migraine, provides a resource for those who may have underestimated the depth and range of writing on this subject, and challenges the cultural bias that dismisses migraine as

"just a headache."

The many manifestations of migraine can vary dramatically from one patient to another, even within the same patient at different times. Among the most compelling and perplexing of these symptoms are the strange visual hallucinations and distortions of space, time, and body image which migraineurs sometimes experience. Portrayals of these uncanny states have found their way into many works of art, from the heavenly visions of Hildegard von Bingen to Alice in Wonderland. Dr. Oliver Sacks argues that migraine cannot be understood simply as an illness, but must be viewed as a complex condition with a unique role to play in each individual's life.

After suffering debilitating migraines and headaches every day for 30 years Mark Wiley woke up and decided he'd had enough. After a lifetime of suffering, followed by decades of advanced study and intensive travel to meet with traditional healers and medical experts the world over, Dr. Wiley was able to overcome his chronic headaches and migraines. You, too, can relieve your headaches once and for all. In the pages of *Headaches Relieved*, Dr. Wiley presents the program to help you get rid of the crushing, throbbing pain forever. Whether your headaches are cluster or migraine, muscle-based or vascular, allergic or rebound, you will find relief in this simple program. Empower yourself to end the pain today. The important thing is to know that the solution to your daily suffering is grounded in a five-part process called, the Headache Relief Action Plan: Part 1: Educate yourself about the real causes and solutions for headaches and migraines Part 2: Reduce the current level of painful symptoms you are experiencing Part 3: Halt or significantly reduce the frequency and duration of your headaches Part 4: Prevent the headaches from triggering to improve your quality of life Part 5: Repair the body to reduce the internal environment that allows for headaches Empower yourself to end your pain today!

With more than one in ten Americans -- and more than one in five families -- affected, the phenomenon of migraine is widely prevalent and often ignored or misdiagnosed. By his mid-forties, Andrew Levy's migraines were occasional reminders of a persistent illness that he'd wrestled with half his life, though he had not fully contemplated their physical and psychological influence on the individual, family, and society at large. Then in 2006 Levy was struck almost daily by a series of debilitating migraines that kept him essentially bedridden for months, imprisoned by pain and nausea that retreated only briefly in gentler afternoon light. When possible, Levy kept careful track of what triggered an onset -- the "thin, taut" pain from drinking a bourbon, the stabbing pulse brought on by a few too many M&M's -- and in luminous prose recounts his struggle to live with migraines, his meticulous attempts at calibrating his lifestyle to combat and avoid them, and most tellingly, the personal relationship a migraineur develops -- an almost Stockholm syndrome-like attachment -- with the indescribable pain, delirium, and hallucinations. Levy read about personalities and artists throughout history with migraine -- Alexander Pope, Nietzsche, Freud, Virginia Woolf, even Elvis -- and researched the treatments and medical advice available for migraine sufferers. He candidly describes his rehabilitation with the aid of prescription drugs and his eventual reemergence into the world, back to work and writing. An enthralling blend of memoir and provocative analysis, *A Brain Wider Than the Sky* offers rich insights into an illness whose effects are too often discounted and whose sufferers are too often overlooked.

A "must-have guide" to reducing symptoms related to migraine, vertigo, and Meniere's disease, including over 75 trigger-free recipes (Mark Hyman, MD, director of the Cleveland Clinic Center for Functional Medicine). In *The Migraine Relief Plan*, certified health and wellness coach Stephanie Weaver outlines a new, step-by-step lifestyle approach to reducing migraine frequency and severity. Using the latest research, extensive testing, and her own experience with a migraine diagnosis, Weaver has designed an accessible plan to help those living with migraine, headaches, or Meniere's disease. Over the course of eight weeks, the plan gradually transitions readers into a healthier lifestyle, including key behaviors such as regular sleep, trigger-free eating, gentle exercise, and relaxation techniques. The book also collects resources—shopping lists, meal plans, symptom tracking charts, and kitchen-tested recipes for breakfast, lunch, snacks, and dinner—to provide the necessary tools for success. *The Migraine Relief Plan* encourages readers to eat within the guidelines while still helping them follow personal dietary choices, like vegan or Paleo, and navigate challenges, such as parties, work, and travel. An essential resource for anyone who lives with head pain—or their loved ones—this book will inspire you to rethink your attitude toward health and wellness.

Deeply researched and beautifully written, this fascinating and accessible study of one of our most common, disabling—and yet often dismissed—disorders will appeal to physicians, historians, scholars in medical humanities, and people living with migraine alike.

We live in a time of linguistic plainness. This is the age of the tweet and the internet meme; the soundbite, the status, the slogan. Everything reduced to its most basic components. Stripped back. Pared down. Even in the world of literature, where we might hope to find some linguistic luxury, we are flirting with a recessionary mood. Big books abound, but rhetorical largesse at the level of the sentence is a shrinking economy. There is a prevailing minimalist sensibility in the twenty-first century. *Novel Style* is driven by a conviction that elaborate writing opens up unique ways of thinking; crucial and enriching ways that are endangered when expression is reduced to its leanest possible forms. By re-examining the works of frequently misunderstood English stylists of the late twentieth century (Anthony Burgess, Angela Carter, Martin Amis), as well as a newer generation of twenty-first-century

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stylists (Zadie Smith, Nicola Barker, David Mitchell), Ben Masters argues for the ethical power of stylistic flamboyance in fiction and demonstrates how being a stylist and an ethicist are one and the same thing. A passionate championing of elaborate writing and close reading, *Novel Style* illuminates what it means to have style and how style can change us.

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