

Book Review

So Much More Than a Headache: Understanding Migraine through Literature

For a headache subspecialist, reading about headache for pleasure is something of an oxymoron...similar to a forensic pathologist being forced to watch multiple episodes of *CSI*. There are exceptions. If neurology is “the art of observation”, then no neurologist has employed that art and written of his observations more effectively than Oliver Sacks; even 50 years after its publication, his first book, *Migraine*, remains authoritative and highly

readable, a compelling blend of science and vivid creative writing. In *The White Album*, Joan Didion described migraine in lyrical prose as evocative as William Styron’s timeless portrayal of depression, *Darkness Visible*.

Sacks, Didion and many others are represented in this anthology that describes beautifully the experience of migraine, described by authors personally intimate with that experience. Editor

Kathleen O’Shea has included a wide selection of excerpts, chapters, poetry, and even a short play. O’Shea, a professor of literature and a migraine sufferer herself, offers her own perspective in an original essay of on the topic.

This is great writing and pleasurable reading. Even for a headache subspecialist.

Available through [Amazon](#). 



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is showing that outdoor recreation delivers
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requires the cooperation of wildlife
agencies, elected officials, private
landowners, outdoor recreationists,
conservation groups, and all of us who
care about the future of North America’s
great natural heritage and the well-being
of our communities. In sum, Wildlands
Network helps to protect our planet and
sustain the diversity of life—including us.

Wildlands Network is pleased to invite
Migraineur magazine readers to join our
Wildlands Stewards giving society. You’ll
receive a complimentary copy of
For the Wild, a beautiful and inspirational
compilation of essays and photographs
that highlight the impassioned union of
science and activism and the dedicated
community of people working to heal
broken landscapes and rewild our hearts.

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