



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

*Claudia L. Osborn*

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**Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out** Claudia L. Osborn  
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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