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Is It All in Your Head?: True Stories of Imaginary Illness

Suzanne O'Sullivan

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Is It All in Your Head?: True Stories of Imaginary Illness Suzanne O'Sullivan
A neurologist's insightful and compassionate look into the misunderstood world of psychosomatic disorders, told through individual case histories

It's happened to all of us: our cheeks flush red when we say the wrong thing, or our hearts skip a beat when a certain someone walks by. But few of us realize how much more dramatic and extreme our bodies' reactions to emotions can be. Many people who see their doctor have medically unexplained symptoms, and in the vast majority of these cases, a psychosomatic cause is suspected. And yet, the diagnosis of a psychosomatic disorder can make a patient feel dismissed as a hypochondriac, a faker, or just plain crazy.

In IS IT ALL IN YOUR HEAD? neurologist Suzanne O'Sullivan, MD, takes us on a journey through the world of psychosomatic illness, where we meet patients such as Rachel, a promising young dancer now housebound by chronic fatigue syndrome, and Mary, whose memory loss may be her mind's way of protecting her from remembering her husband's abuse. O'Sullivan reveals the hidden stresses behind their mysterious symptoms, approaching a sensitive topic with patience and understanding. She addresses the taboos surrounding psychosomatic disorders, teaching us that "it's all in your head" doesn't mean that something isn't real, as the body is often the stand-in for the mind when the latter doesn't possess the tools to put words to its sorrow. She encourages us to look with compassion at the ways in which our brains act out, and to question our failure to credit the intimate connection between mind and body.

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Michelle Sanders:

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Thomas Fleischmann:

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a guide. The book Is It All in Your Head?: True Stories of Imaginary Illness it is extremely good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from a smart phone. The price is not to fund but this book has high quality.

Elena Sparrow:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Is It All in Your Head?: True Stories of Imaginary Illness, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

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