

If I Only Had a Brain Injury

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A TBI Survivor and Life Coach's Guide to
Chronic Fatigue, Concussion, Lyme Disease,
Migraine or Other "Medical Mystery"

Laura Bruno, M.A.

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Product Description

"If I Only Had a Brain Injury is a page-turner and a must-read. It is a testimony of the power of believing in oneself, a true survival story."

--Alina Oswald

"The 'Oz' analogy is something I had never thought of and it is perfect. ... The book will be a great resource. ... I especially like that you offer ways to deal with the emotional impact on survivors, friends and family members. Your book will be of great help to families. I see it all the time, people with TBI are looking for anything that will help, and conventional medicine can only do so much."

-----Karen Ruppert--Nurse Manager, trauma rehabilitation unit at Harborview Medical Center

Unlike other books on healing from so-called "Medical Mysteries," If I Only Had a Brain Injury encourages readers to chart their own inspirational journeys. The book's structure follows The Wizard of Oz storyline (Dorothy's journey begins with a concussion), guiding readers to a "yellow brick road through recovery." A collection of personal examples, alternative treatments and spiritual growth exercises, this book also offers wisdom from thirteen contributors, including Robin Cohn (Vice President of New York State Brain Injury Association), Dr. William Padula (Neuro-Optometric Rehabilitation Association), Dana Reeve, and Kay Strom.

About the Author

After completing a Master's Degree in English at the University of Chicago, Laura Bruno spent two years in the corporate world. Just before her return to graduate school, she suffered a brain injury and could no longer read without debilitating migraine headaches. Years of misdiagnoses forced her to find alternative means of getting well. Now a writer and Intuitive Life Coach, Laura enjoys a full practice. From a woman once considered "permanently disabled," If I Only Had a Brain Injury is itself testament to the incredible resilience of human brain and spirit.

作者介绍:

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