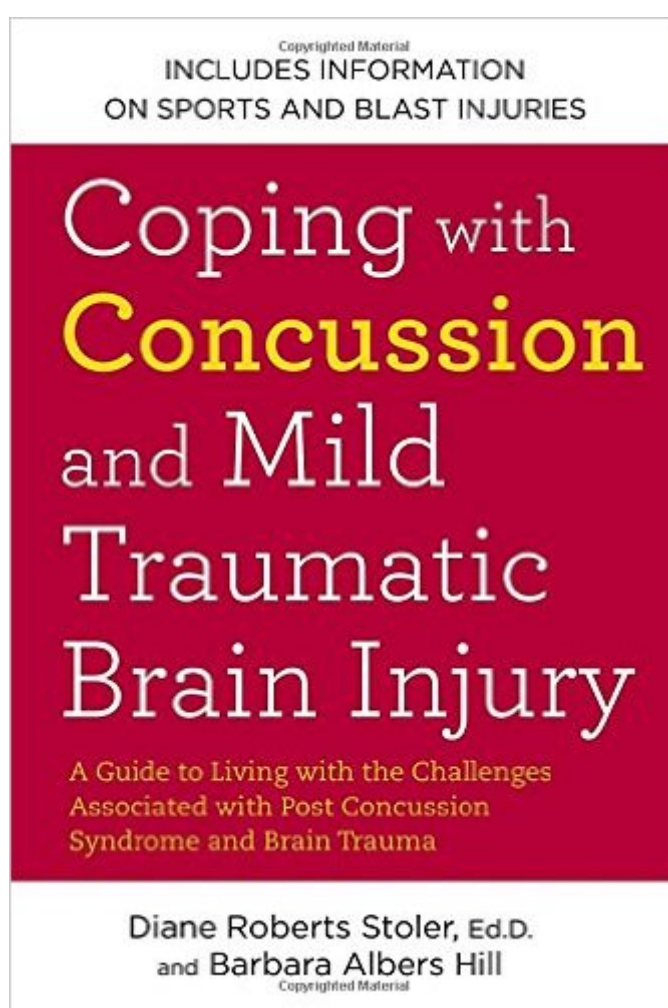


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# Coping With Concussion And Mild Traumatic Brain Injury: A Guide To Living With The Challenges Associated With Post Concussion Syndrome And Brain Trauma



## Synopsis

Endorsed by the leading professional experts in the field of brain injury, *Coping with Concussion and Mild Traumatic Brain Injury*, is a must-have guide for managing life in the aftermath of concussion. Often presenting itself after a head trauma, concussion-- or mild traumatic brain injury (mTBI)-- can cause anxiety, chronic migraines, depression, memory, and sleep problems that can last for years, referred to as post concussion syndrome (PCS). Easy-to-read and informative, this book is an invaluable resource for understanding concussion, post concussion syndrome (PCS) and traumatic brain injury (TBI), as well as overcoming the challenges associated with these conditions. Neuropsychologist and concussion survivor Dr. Diane Roberts Stoler is the authority on all aspects of the recovery process. *Coping with Concussion and Mild Traumatic Brain Injury* is a lifeline for patients, parents, and other caregivers navigating the concussion course.

## Book Information

Paperback: 400 pages

Publisher: Avery; 1 edition (November 5, 2013)

Language: English

ISBN-10: 1583334769

ISBN-13: 978-1583334768

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #73,458 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #76 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

I bought this book with the intention of reading it from cover to cover. About 50 pages into it, I realized it was organized and written in such a manner that understanding any part of the 350 pages did not depend on having read the previous pages. That a good a thing, for many of the people who will read this book have experienced a concussion and will be focused on getting help with their specific PCS (post concussion syndrome) symptoms. Most chapters are organized in similar format, beginning with a case history that describes a particular condition associated with PCS. Readers who identify with the case will know they are going to read a chapter that is likely to offer some help. The chapter then continues with a description of the variations of the problem and its causes,

diagnosis and assessment, and then treatment. The treatment portion is divided into 3 types: conventional, complimentary and alternative approaches. Chapters typically end with practical suggestions, i.e. things that people can do right away without the help of a physician or therapist. Considerable research went into writing this book and as a result, it probably provides more information and guidance than you might expect to get from your personal physician. Not to say that this book replaces talking to a physician, rather it is the first step toward selecting the right one(s). Let me use the analogy of buying a new car. Before you go to the dealer, you are best served by researching different cars on-line and seeing how they might match your needs. Then, armed with knowledge of the available models and your specific needs, you can select the right brand dealer and be ready to ask the detailed questions that will enable you to make the right decision.

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