



Traumatic Brain Injury Handbook: How a Near-Death Fall Led Me to Discover a New Consciousness

Joseph B. Healy

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Traumatic Brain Injury Handbook is the ultimate brain injury recovery handbook. Inside, acclaimed writer Joe Healy comprehensively discusses what leads to brain injuries and how to heal from them and manage them during the process. Recovery techniques are lifestyle modifications: nutritional, physical, occupational, and attitude ones.

This is an important title for all family and friends of sufferers of brain injuries, doctors, and caretakers. With Healy's guidance, support networks will learn how to lead sufferers on their journey back to "normalcy," working and socializing as the person did before the traumatic event.

This unique book is distinctive in its scope, covering the science of the brain, its easy-to-follow nature, its accuracy, and its encouraging you-*can*-recover, don't just learn to cope and give up attitude. Family, friends of the injured person no longer need to feel alone, discouraged, or overwhelmed. This is a much-needed, hands-on, and extremely valuable volume.

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