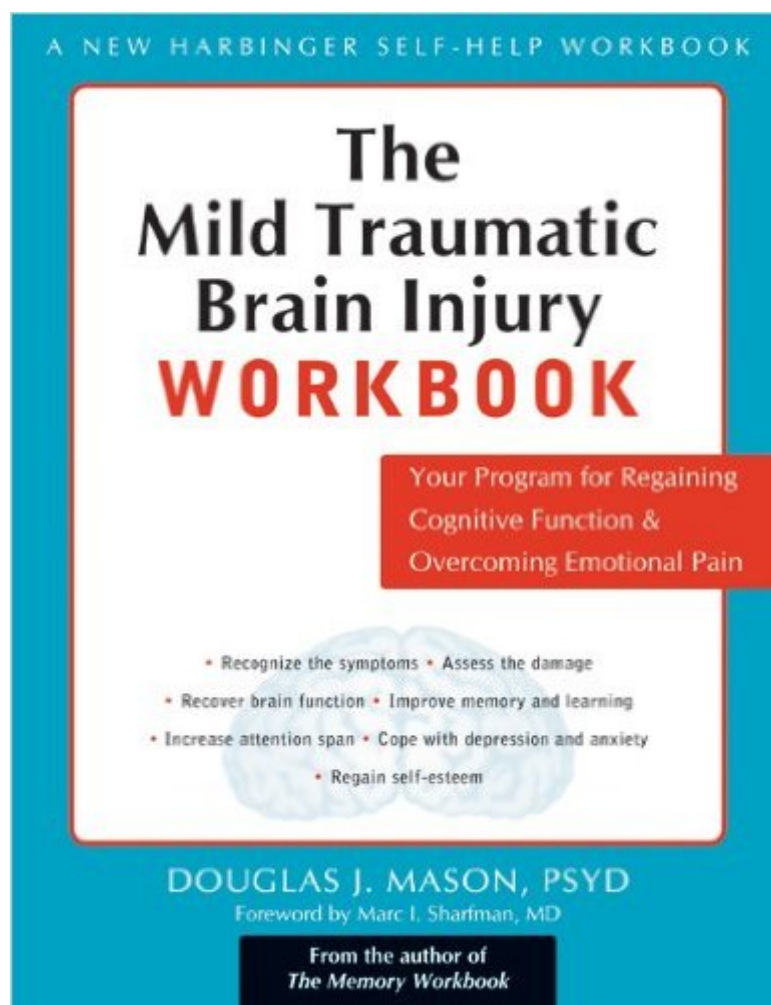


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# The Mild Traumatic Brain Injury Workbook: Your Program For Regaining Cognitive Function And Overcoming Emotional Pain (New Harbinger Self-Help Workbook)



## Synopsis

A blow to the head or the dramatic acceleration and deceleration that occur in a serious car crash can cause a traumatic injury to the brain. At their most serious, these events are critical and life threatening, but even a mild incident can cause problems with memory, communication, and mental focus. What's worse, this kind of cognitive function loss often causes other psychological symptoms like depression and low self-esteem. Fortunately, there are things anyone can do to recover from a mild traumatic brain injury, get back lost cognitive ability, and restore a healthy frame of mind. If you or someone you love has suffered a mild traumatic brain injury, this engaging workbook will help you: Learn the causes and symptoms of MTBI Understand the brain injury recovery timeline Manage medical care and set realistic goals for recovery Recover memory, communication, and visuospatial ability Cope with related symptoms like depression, anxiety, and low self-esteem

## Book Information

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## Customer Reviews

i have a moderate traumatic brain injury and thought seeing the word mild that the book would be too easy. not so. dr mason clearly states info on traumatic brain injury and has exercises for one to do. i waited a yr for this book. and i agree with dr mason in doing the exercises in the order of the book. better yet get some tracing paper and cover the exercises so you can go back and do them again and again. the mazes are not too easy...in fact i had to start at the beginning go to the middle and then go to the finish and work my way back. thanks again dr mason

Being in the military, we are currently using Dr. Mason's book to treat soldiers who have sustained a brain trauma in theatre. We have found it to be an essential tool in assisting the soldier and the soldier's family to both understand head injury and to actually begin the process of healing. The book actually takes you through well thought out exercises to improve cognitive functioning thus utilizing specific strategies to enhance the plasticity and resiliency of the brain. You don't have to compensate for or live with the effects of mild head injury, the brain can and will heal with a well thought out approach. Whooaaa!

As a medical attorney I am recommending this book to my clients and their families as a comprehensive review of the process of head trauma. It will serve them well as a resource and educational guide on the recovery process associated with brain injury. I have followed Dr. Mason's work for some time and highly recommend his books. It is the best product on the market to date!

I would just like to say that it's so nice to know that there is more information on brain injuries out there. Not many people know anything about brain injury and even when you try to explain it to someone, they think you're making it up. I felt like this book got into my head and knew exactly what was going on with me. I highly recommend this wonderful book for someone with a brain injury but for people who know someone with brain injury.

This book is a great resource for family, friends, caregivers, and patients suffering from mild traumatic brain injury. The easy to read text helps the reader focus on the causes and effects of brain injury. It offers a positive, comprehensive, realistic approach to repairing and coping with physical, mental and emotional effects of brain injury. A self-help section is available and allows the patient the opportunity to be involved in his own recovery. I recommend this book to anyone who is seeking hope and or healing from mild traumatic brain injury.

If you're dealing with anyone in your life with a brain injury, this book is for you. It helped us understand what was going on and the exercises were a good tool to help in the recovery process. I am so thankful I found this book. And would highly recommend it to everyone.

I find this book to be a great resource for anyone suffering from the trauma of a brain injury. The exercises for assisting with the recovery process are very useful. I recommend reading this book if

you have suffered a brain trauma or if you are involved with the care of or are close to someone who has suffered a brain injury.

We got the book shortly after our son's head injury and have not put it down since. The book has sections on every aspect of head injury and guides you through the process of recovery. The exercises were a little challenging but eventually manageable. If you have a loved one with a head injury this book is a must.

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