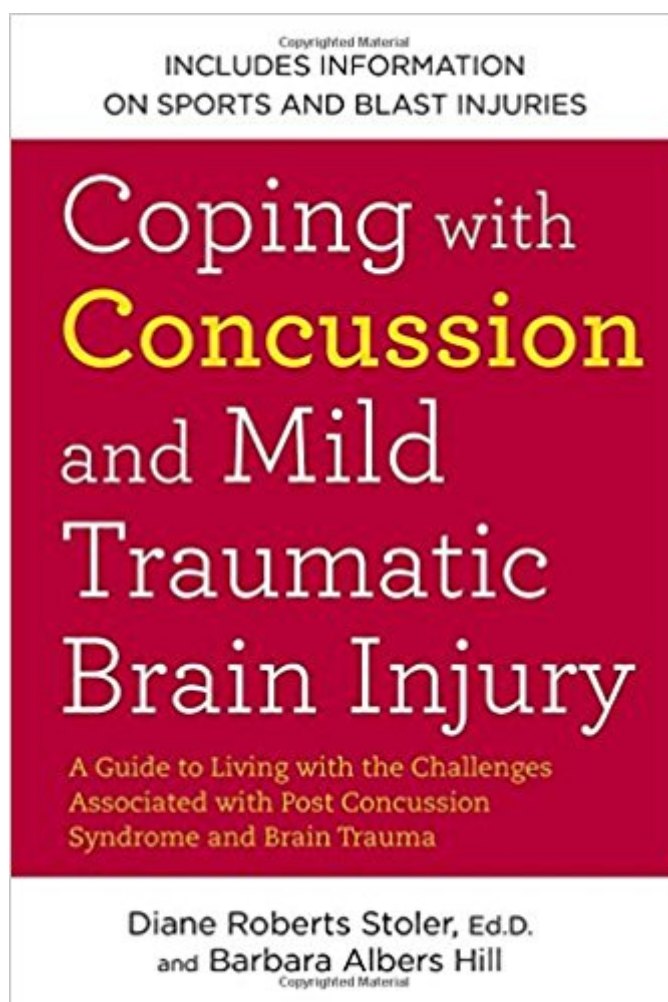


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# Coping With Concussion And Mild Traumatic Brain Injury: A Guide To Living With The Challenges Associated With Post Concussion Syndrome And Brain Trauma





## 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

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## Customer Reviews

Concussions are more common than most folks might imagine. While the majority of mild traumatic brain injuries are the result of motor vehicle accidents, other causes include falls, physical assault and abuse, athletic injuries, and blast injuries. Outcomes can be unpredictable: permanent symptoms, problems that come and go, or complete recovery. Post-concussion syndrome (PCS) is diagnosed when symptoms do not abate within two weeks of onset. Certified health and sports neuropsychologist Stoler, who is herself a brain-injured patient, and coauthor Hill thoroughly cover the treatment of PCS symptoms, including headache, fatigue, balance and coordination

disturbances, chronic pain, reduced memory and concentration, sleep difficulty, and behavioral troubles. Financial and insurance issues, rehabilitation, family dynamics, and emotional problems are also addressed. Stoler and Hill provide a practical guide for individuals coping with concussion symptoms and a useful resource for family members and caregivers. The neuroplasticity of the human brain—the organ's ability to regroup and rebuild—is notable. Still, patience is paramount in the sphere of post-concussion syndrome. --Tony Miksanek

"Coping with Concussion and Mild Traumatic Brain Injury is a long-awaited prescription for the millions who experience a so-called mild TBI and for their families and care providers. Incorporating detailed information, practical suggestions, and personal insights, Dr. Stoler has compiled a must-have encyclopedia for managing life after concussion." -Susan H. Connors, President and CEO, Brain Injury Association of America

I bought a copy for myself and one for my sister as well. It explains consequences of concussion and brain injury that I would not have suspected, and which could be devastating if not properly treated. Each chapter can be read independently of others, and so much of the treatment info seems repetitive if you read through the whole book. The author thoroughly includes non-traditional treatments as well. It helped me as a caregiver to understand some of the less well-known effects so that I can be more compassionate rather than annoyed.

Excellent book, would highly recommend this book. Easy reading, gives description of conditions, recommends tests. To determine best treatment. Used this book for research, and bought another book for a family member.

This book explained a great deal about the brain to me after I suffered a serious head injury from a car accident. Diane tries her best to cover every aspect of what can possibly happen to anyone who has a concussion. Some of the information was too much for me to understand. Great book, I just have a head injury!

So well written, really helpful.

Good information, great info, but places were rather textbook.

Great book. Very informative and put together by a person who has both had an injury of this kind and is part of the medical field. Highly recommend, especially if you are struggling to understand your own brain injury!

This book is a "must" for those who have had concussions or have friends or relatives who have had concussions. Facts...genuine facts! Educational to the max!

Very helpful in understanding what I am dealing with. Helped to be able to explain to others, helped me put it into words.

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