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# **6 STEPS TO UNDERSTANDING AND COPING WITH MILD TRAUMATIC BRAIN INJURY: Strategies To Dealing With Cognitive Function Loss, Self Esteem, Relationships And Fatigue**

## **6 STEPS TO UNDERSTANDING AND COPING WITH MILD TRAUMATIC BRAIN INJURY**

Strategies to Dealing  
with Cognitive  
Function  
Loss, Self Esteem,  
Relationships  
and Fatigue



**Jade Roberts**



## **Synopsis**

This book was developed as a result of my own experience as an MTBI sufferer (Mild Traumatic Brain Injury). It was two years after the injury, before I could get an accurate diagnosis of my problems, and three years before effective therapies began to change my life for the better. Mild Traumatic Brain Injury is often undetected, and sometimes hard to diagnose. Only the person, who is suffering, knows that something is wrong. When I suffered the Injury I struggled for many years at a personal level. Something was very wrong, would I ever get better. The Injury put my whole world into turmoil. This book covers how MTBI has now become more recognized by the medical professionals, how it can be diagnosed and strategies on how to cope with life following the Injury. My wish is sufferers and people around them get a better understanding and appreciation of MTBI.

## **Book Information**

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## **Customer Reviews**

This is a well-researched book that sheds light on the dangers of MTBI. The author does a

comprehensive job at explaining what exactly MTBI really is, it's diagnoses, recovery, and finding ways to cope with it. I especially liked the section where Jade discusses the many options and strategies you can take, to help elevate the suffering. Also, the resources section is also extremely helpful for people to research more info. Overall, a very thought provoking book that brings attention to this often, overlooked injury. Highly recommended for anyone who is currently suffering from MTBI, or know of anyone who may be going through it.

I downloaded this book because my husband suffered from a concussion three years ago and is still suffering the effects of it with dizzy spells. This book really explained well how easily a brain injury can happen and how common they really are. I had no idea. This book also gave us a lot of strategies for dealing with his brain injury and various ways to cope while he is rehabilitating.

Thanks!

A terrific book for anyone who's ever had a concussion. Well-researched, well-written, lots of resources. The book also points out just how easily and often concussions occur in sports, and that includes kids. Excellent.

Very informative! Anyone going through this will learn many of the symptoms that you are experiencing are facts of syndrome and real head trauma. Learn facts that go Long with head trauma as well. Interesting and easy read for those experiencing problems with this.

I read this book out of complete curiosity. The brain has always fascinated me so I wanted to explore what happens when there is a mild traumatic injury. Without going into too much detail, I can say that the author covered their bases. I enjoyed it.

Good information, however the book was redundant often repeating the same information numerous times. It was a quick read with excellent resource and web links.

I've had a TBI since May and most of the books seemed whiny and hopeless- this is straight forward information without all the emotions. I will likely reference this for a while.

It was a good book. Many tips are useful. It helped me deal with my struggles and inspired me to keep fighting.

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Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)

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