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

Strategies to Dealing with Cognitive Function Loss, Self Esteem, Relationships and Fatigue The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Brain, Heal Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurism, and Traumatic Brain Injury Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair

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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