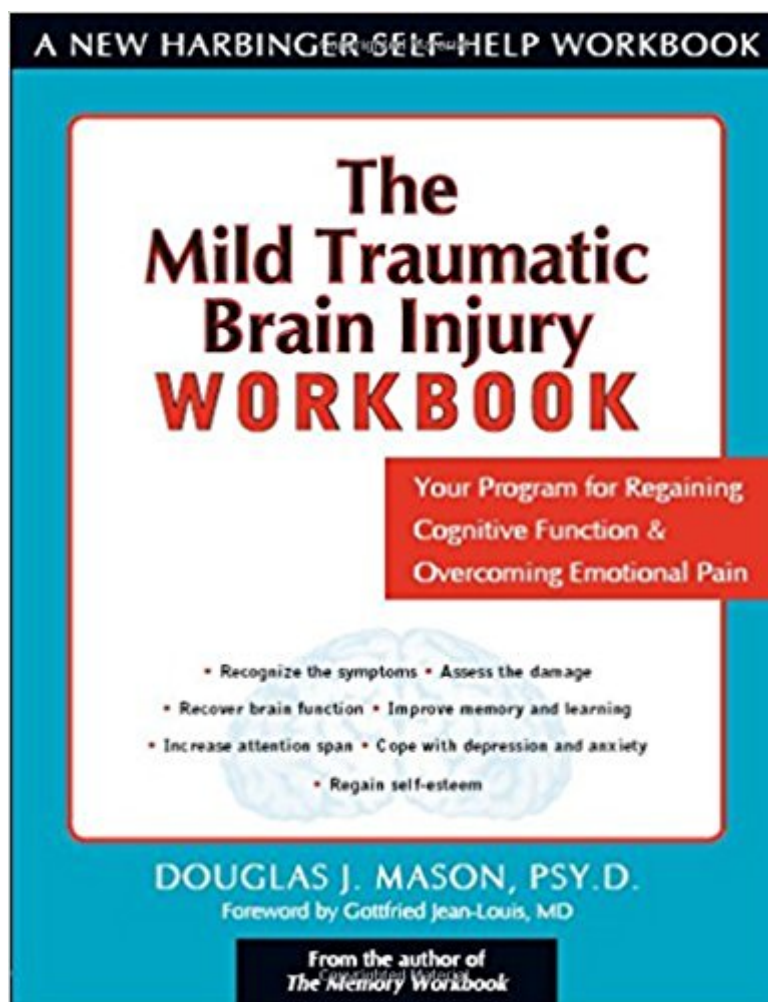


The book was found

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

Series: New Harbinger Self-Help Workbook

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 2004)

Language: English

ISBN-10: 1572243619

ISBN-13: 978-1572243613

Product Dimensions: 0.5 x 8.5 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 52 customer reviews

Best Sellers Rank: #130,218 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #122 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

"This book is just a small demonstration of Mason's ability to use research in an effort to help teach professionals about traumatic brain injury and cognitive disorders. I am sure his peers will be interested in this piece of written work, as it contains credible content that accurately reflects the future of cognitive therapy." • Paul M. Johns, director of rehabilitation and brain injury rehabilitation services at the Brain Injury Rehabilitation Center at Orlando Regional Sand Lake Hospital

Your Program for Regaining Cognitive Function and Overcoming Emotional Pain From the author of The Memory Workbook How to: ã ã Recognize the symptoms ã ã Assess the damage ã ã Recover brain function ã ã Improve memory and learning ã ã Increase attention span ã ã Cope with depression and anxiety ã ã Regain self-esteem A specialist in cognitive impairments offers sufferers of mild traumatic brain injury the only workbook designed to help them overcome emotional pain and regain their mental capabilities.

I suffered a TBI in Afghanistan after an explosion, and this little book made me feel better, because it was something i could actually do and work towards. The doctors talking and doing x rays never help, no medication helps. This helps the mind feel more at ease, like there's something you can do to help.

This helped me understand where I was after a TBI the end of 2014. When faced with that & doctors that send you from the hospital with prescriptions and doctors appointments for everything EXCEPT your brain injury you get really concerned. I followed it and took the quizzes to learn where I was back then. It didn't fix things BUT it did help me understand.

i am so glad that i was able to have this book as it has helped me with my injury and the effects that i have to deal with on a daily bases and how to get normal again. i still after two and a half years of the injury, am still dealing with so many effects from the hit on the head from a 2x6 frame that fell off of the wall at my place of work, that i am still recovering and it is still a daily bases to go on with. I thank Dr. Mason for having this book out on the market and letting me have the opportunity to find it to help me recover with also.

Its a workbook designed for mild TBI patients to help enhance their cognitive based therapy at home. Perfect for soldiers diagnosed! I would for sure recommend this item!

This book was a godsend during the first few weeks of my MTBI (in terms of diagnosing my particular struggles, as well as helping me better understand an injury the doctors weren't doing a good job of explaining. A few months out, it continues to inform my treatment, recovery, and communications with those involved in my care. I'm really trying to choose just one or two things that were particularly helpful, but everything - from the explanations to the practices to the

self-assessments and goal setting - was always just what I needed, in ways I appreciate more and more as my case goes on.

This is a good book to use with patients who are trying to understand their brain injury. It provides the basics and plenty of material for discussion.

I had brain surgery in November and noticed several of my therapists using this book as a resource. So, I ordered my own copy. I enjoy doing the various exercises throughout, along with my usual exercises on Lumosity. I actually found the book to be more of a 'textbook' than a 'workbook'.

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

[Download to continue reading...](#)

The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) 6 STEPS TO UNDERSTANDING AND COPING WITH MILD TRAUMATIC BRAIN INJURY: Strategies to Dealing with Cognitive Function Loss, Self Esteem, Relationships and Fatigue 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) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) 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) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand 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 The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) 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) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness (A New Harbinger Self-Help Workbook) Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT (A New Harbinger Self-Help Workbook) The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) Mind and Emotions: A Universal Treatment for Emotional Disorders (New Harbinger Self-Help Workbook) Brain, Heal Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurism, and Traumatic Brain Injury Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)