



Brainlash: Maximize Your Recovery from Mild Brain Injury

Gail L. Denton

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Brainlash: Maximize Your Recovery from Mild Brain Injury, 3rd Edition is an easily accessible guide that complements medical treatment for anyone with mild brain injury. Written by a psychotherapist who has experienced mild traumatic brain injury firsthand, its down-to-earth, practical advice covers virtually every aspect of the recovery process. You will find guidelines on self-esteem, stamina, support systems, intimacy issues, driving, nutrition, pain, and much more. This book is packed with up-to-date findings, the newest in brain injury technologies, a list of resources, and a comprehensive bibliography, and will answer all those questions your medical team may not.

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