

Life With a Traumatic Brain Injury

Finding the Road Back to Normal



Amy Zellmer

Amy Zellmer

Life With a Traumatic Brain Injury: Finding the Road Back to Normal



[continue reading](#)

Great browse and informative. I would recommend this book for those with a TBI along with those wanting to just learn more about all this! Amy pours her center into everything TBI. It's written in a fashion suited for those with brain injuries. The printing is huge and the web pages are short to avoid vertigo for those who have the issue, and most folks have vertigo. It's the first book I possibly could read since 2012 without feeling dizzy or nauseated. Amy's message is great for people and includes wonderful info for caregivers. I actually am a TBI person as well. Amy writes from her heart and shares what she's gone through with her TBI. Me included! You understand by reading her book that her desire would be to pave an easier road for other survivor's and caregivers. You'll want to take down notes and highlight areas for upcoming reference. That mean's so much when you are dealing with a TBI. Pleased to note my close friends are extremely supportive and also have never turned their backs on me... Every reader will gain valuable insight regarding brain injuries. I am a TBI person / survivor too. Just like the author. I like how she's done this book. Well done Amy! Its done in readable in a night or two chapters. Each chapter mostly or relatively stands on its own. Amy understands our emotions while dealing with a TBI and she shares thoughts and suggestions in this wonderful publication! After she submitted a couple of them over a period of time, she put them all in a book. When you have a TBI, reading and comprehending (and remembering a few of it) can be an issue for me and many people. So the way this publication is assembled, it simply functions. And for me (and many of us), I believe the good examples she explains personally will hit home for a lot of us. It did for me! You aren't alone! A lot of things I would never think about, she covers. Amy talks about her new normal, and getting back again to that. Our brand-new normal will be okay for those of us that cant find our in the past to the old regular. This book doesn't make you feel alone, but section of something moving in a positive direction. Anyone that includes a TBI or is normally a caregiver should read this book. The reserve is founded on her submitting content articles over a period to Huffington Post (I believe that's the one she said-I cant keep in mind now). Some of us don't have that comfort and ease. All said, it's well worth your read. I sensed like Amy "got it" and her writing made me feel just like I had someone by my aspect who knew just what I was going through. Thank you Amy Zellmer! Thank you Amy for assisting to lead me from the darkness and for all your support. Great Book to read! Amazing and encouarging! Great book! A must read for anyone suffering from post concussion/TBI symptoms. Thank you Amy Zellmer! A must read if you are dealing with, or knows someone with a TBI This is an excellent book for people to learn for those who have had, or know anyone who has had a traumatic brain injury. So lets all support one another and know We are ok ultimately. She, I and countless others are all coping with this TBI stuff now and non-e of us asked for it either. Little things that can help somebody with a TBI. Stuff that people with TBI proceed through that I would never think of, or just assume since they seem ok, everything must be ok. Five Stars Best reserve for a TBI survivor or caregiver or cherished one to read. Really helps to feel like you are not alone! Very Inspiring! It is so wonderful to know I am not alone. This book is filled with highlights I experienced to share with my family to tell them IT IS SOMETHING. I'M NOT CRAZY.. Five Stars great book informational Too Redundant I came across some things helpful. It had been like I wrote it myself!!!. Thank you, Amy for you personally courage in writing what we have been experiencing so others understand that we have been the invisible victims...Inspiring...made me feel I am not by yourself in this journey. I've also acquired a TBI and it is extremely helpful to find out about other experiences with healing and coping with this new self. At this moment, planing a trip to Minnesota from Spokane for another week of mind rehab at Minnesota

Functional Neurology....amazing, caring, healing treatment center. Seek treatment like Amy suggests...life changing. Amy pours her heart into everything TBI. Amy's compassion .. Fabulous read. Highly suggest reading this book for anybody with a TBI, ABI or concussion related brain injuries. Amy's compassion for the TBI community is normally portrayed deeply through her composing. It is extremely supportive and helpful. Its short and nice. Great Book! Love it!



[continue reading](#)

download free Life With a Traumatic Brain Injury: Finding the Road Back to Normal epub

download Life With a Traumatic Brain Injury: Finding the Road Back to Normal mobi

[download Brighten a Senior's Day: Fun poems and short stories for seniors to read or to be read to. \(Volume 1\) pdf](#)

[download free Lessons I Learned From Choices I Made pdf](#)

[download Survival Medicine & First Aid: The Leading Prepper's Guide to Survive Medical Emergencies in Tough Survival Situations mobi](#)