



What a Teenager  
and His Mom Want  
You to Know About  
Preventing and  
Recovering From  
Concussions

# HEADSTRONG

BY LUKE AND MYRA HEAVNER

*Luke Heavner and*  
**Headstrong**



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Suddenly, lights were brighter, sounds were louder, and college became an unbearable obstacle. Join Luke and his mother, Myra, as they share Luke's story and provide strategies for preventing and identifying concussions, and also what to do in the event that you or your child are ever identified as having a concussion. Like many eleven-year-old males, Luke Heavner enjoyed performing sports, angling, hunting, and spending time with friends near his family's home in Lincolnton, NC. After sustaining two different concussions in fourteen days, however, his existence took a dramatic turn as he suddenly suffered from headaches, anxiety attacks, nausea, disorientation, and various other terrifying symptoms while struggling to recuperate. Headstrong is an invaluable resource for children, parents, and coaches alike.



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