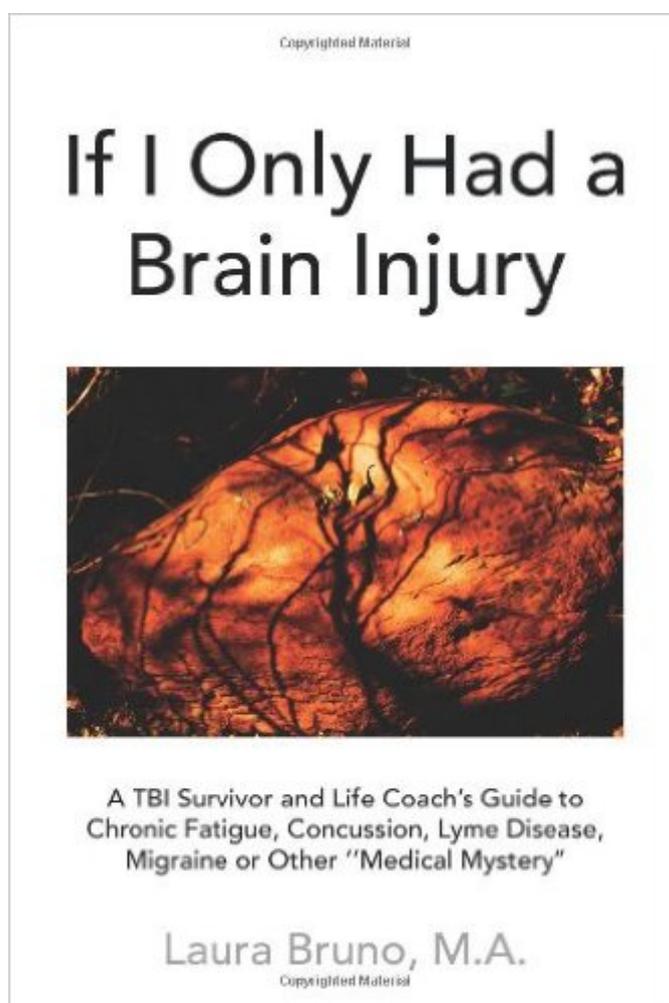


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# If I Only Had A Brain Injury: A TBI Survivor And Life Coach's Guide To Chronic Fatigue, Concussion, Lyme Disease, Migraine Or Other "Medical Mystery"



## Synopsis

If I Only Had a Brain Injury is a page-turner and a must-read. It is a testimony of the power of believing in oneself, a true survival story." --Alina Oswald The 'Oz' analogy is something I had never thought of and it is perfect. ... The book will be a great resource. ... I especially like that you offer ways to deal with the emotional impact on survivors, friends and family members. Your book will be of great help to families. I see it all the time, people with TBI are looking for anything that will help, and conventional medicine can only do so much." -----Karen Ruppert--Nurse Manager, trauma rehabilitation unit at Harborview Medical Center Unlike other books on healing from so-called "Medical Mysteries," If I Only Had a Brain Injury encourages readers to chart their own inspirational journeys. The book's structure follows The Wizard of Oz storyline (Dorothy's journey begins with a concussion), guiding readers to a "yellow brick road through recovery." A collection of personal examples, alternative treatments and spiritual growth exercises, this book also offers wisdom from thirteen contributors, including Robin Cohn (Vice President of New York State Brain Injury Association), Dr. William Padula (Neuro-Optometric Rehabilitation Association), Dana Reeve, and Kay Strom.

## Book Information

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## Customer Reviews

I got this book yesterday afternoon and I have been gobbling it up! Right from the start I identified with the writing. I, too, had a feeling that my evening at the outdoor amphitheater that July 26th night in 2005 could change my life. I didn't know how and so I ignored my irrational feelings. I went to the ballet and although we were sitting inside I must have picked up the tick as we walked across the

lawn to the amphitheater. 10 days later, almost to the hour, I was very, very sick. The Lyme crossed the blood brain barrier and I have had neurological and emotional problems. My stupid neurologist says I am "in the normal range" even when I have vertigo and was falling back on my head walking down the street, have huge memory gaps, sometimes make no sense, etc. I told him it wasn't normal for me, but ended up getting nowhere and leaving his office in tears. My boyfriend of 12 years (with whom I attended the ballet that night) became very frustrated and angry. I am no longer the same woman he signed up for. We separated in the Fall of 2007. He felt I was not "trying hard enough" to get better. My family thinks I am mentally ill. In fact over the last 9 months I have been misdiagnosed with either depression or Bipolar II disorder and mis-medicated, which DID make me pretty crazy. I am now convinced I ought not to be on any medications but treat myself holistically. I have been medication free for one month and that has made a huge difference for me. So, I am so thankful for the book! I am finding out that I need to listen to myself and not depend on doctors to be able to fix me or even diagnose me correctly. I have been changing my diet and using it as my medicine. I have been making sure to get outside and walk or recently I can bicycle again! Soak in some sun.

TBI, FMS, CFS... For some of us, these are only random groups of letters. For others, they represent acronyms for "mysterious" diseases, conditions or syndromes. Sometimes, the way Traumatic Brain Injury, Fibromyalgia, Chronic Fatigue Syndrome manifest in patients brings up more questions than answers; therefore, it's not uncommon for even medical practitioners to misdiagnose them. But these "mysterious" conditions have the power to challenge and forever change the lives of those they touch. TBI, FMS, CFS also Lyme disease and brain cancer affect many individuals, famous and not so famous, on a daily basis. These diseases, syndromes and conditions pertain to the life-challenging and life-threatening experiences that can turn individuals into surrenders or survivors. For Laura Bruno, an intuitive life coach, Reiki Master Teacher and writer, her TBI diagnosis--the result of a seemingly insignificant car accident--changed her life from the path of achieving her doctoral degree and a successful career to the path of recovery. Laura Bruno's TBI diagnosis didn't only show her what's most important in life, but also helped her discover her own "yellow brick road" to recovery and to a relatively normal life. Indeed, parallels to the Wizard of Oz and Dorothy's story are many and throughout the book. They help readers better understand Bruno's personal experience, the reasons behind her decisions dealing with complex issues like treatments and doctors, insurance and lawyers. In this sense, "If I Only Had a Brain Injury" is an inspiring, informative and educative read, and also a wonderful narrative. By sharing

her story, Bruno opens the doors to the world of so-called mysterious conditions so many of us have to live with, sometimes misunderstood.

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