

Being Brain Healthy



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Reviews

Extensive guide! Its such a very good read. I really could comprehend almost everything out of this created ebook. You will like how the writer write this ebook.
(Katherine Feil)

BEING BRAIN HEALTHY

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Rolling Mulligan, United States, 2015. Paperback. Book Condition: New. 227 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.The journey to wellness when coming back from a brain injury, a TBI, can be a long one. It is one that author Ruth Curran knows well. Faced with a myriad of challenges after her own brain injury, she decided to turn up the volume on the things that she loved and found ways to work through the discomfort and discouragement that can plague so many after an accident or injury that changes memory and thinking. Her own path to recovery from brain injury to brain health - one that took 18 months - is one that she shares with readers in Being Brain Healthy. Being Brain Healthy is a book of hope and is filled with positive approaches to healing. Curran shares insights on healing after a brain trauma with readers and has the unique ability to explain complex neuroscience, concussion, tbi, post traumatic stress concepts in a way that makes sense to even those who are just taking their first steps on the road to recovery. Convinced that everyone can work their way out of what Curran refers to as the fog left behind after concussion / brain injury and can build better thinking skills, the author shares how she turned her entire life into a better experience using positive approaches and active healing techniques. The goal of Being Brain Healthy is to combine the most cutting edge research with what those post brain trauma / concussion know intuitively. Curran helps readers to understand how the brain and body work together and how that can be used as an advantage. Divided into sections, including Be Active, Be Engaged, Be Social, Be Purposeful and Be Complicated,...

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