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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"

Laura Bruno

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Laura Bruno : 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" before purchasing it in order to gage whether or not it would be worth my time, and all praised 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":

2 of 2 people found the following review helpful. Very encouraging and helpful book!!By GWJI found this book since I was searching for ways to deal with my brain tumor symptoms. It is a very encouraging book. Laura really puts into words how it feels to be "different" after your brain is injured/altered. She has many helpful tips in this books. What is very nice is how you are encouraged to find your own path to healing. She doesn't "push"; she "presents". This is the best book I have bought on this subject. Some people might call some of the ideas new-agey; however, if you aren't drawn to certain ideas, don't implement them. All I can say is when you have a brain injury, from whatever source (accident, tumor, etc), you look everywhere for ways to cope and heal. Massage, reiki, yoga, meditation, prayer, natural foods, etc, are all viable options. If a person has not had such an injury, they have NO IDEA what we are going through. NO IDEA at all. I also believe that the Lord helps those who help themselves (and I know some say we can do nothing without the Lord) - however, Jesus himself asked people if they want to be healed and then said GET UP AND WALK. Other books that may be helpful (and I believe Laura also references) - check out John Kabat-Zinn books which are on mindfulness techniques for pain.1 of 1 people found the following review helpful. A Must-Read for Anyone with Lyme DiseaseBy Anomaly 70Laura Bruno is an excellent writer with a good heart. She is also wise beyond her years, and deeply intuitive. I should add here that I respect practical advice based on concrete results, rather than wish-it-were-want-it-to-be mumbo jumbo. And practical, loving advice is precisely what is offered.Bruno's book brought me both immense reassurance and improved coping skills. Her suggestions about healing were excellent. Both my spiritual and physical health improved as a result of reading "If I Only Had A Brain Injury..." I don't quite understand the title of the book, but I don't care. Everyone with lyme disease should read this.8 of 8 people found the following review helpful. Brilliant for sufferers, caregivers, MASSAGE THERAPISTS, and all people who own a brainBy Patrick Moore LMT EducatorAfter reading Head Cases: Stories of Brain Injury and Its Aftermath I realized the extent of brain injury epidemic, and the later chapters got more and more depressing several including suicide and war. The conclusions did not give much hope.In contrast, Laura's book is full of optimism. She had a terrible injury and healed completely. No- more than complete healing, she actually gained better eyesight than pre-injury. Her philosophy includes the idea, things that appear to be terrible setbacks are ways to redirect your path so that you will gain wonderful gifts, grow spiritually, find joy and fun.Laura is a fun person. Just reading her stories is fun.As an educator for massage therapists, I'd like to see this book as required reading in massage schools, like Job's BodyJob's Body: A Handbook for Bodywork (Third Edition) once was.Not only for healers, this book is for anyone who finds difficulty making physical, personal or spiritual progress with all the obstacles! Especially if someone has some kind of strike against them, allergies, fatigue, TBI, stroke, etc. it can seem like a wall with no way around. Laura gives you dozens of ways around.This book is not only full of great information, it is well-written. Laura's master's thesis on symbolism and angels in literature, won her a fellowship. I can hardly wait for her upcoming novel.

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.

About the AuthorAfter completing a Master's Degree in English at the University of Chicago, Laura Bruno spent two years in the corporate world. Just before her return to graduate school, she suffered a brain injury and could no longer read without debilitating migraine headaches. Years of misdiagnoses forced her to find alternative means of getting well. Now a writer and Intuitive Life Coach, Laura enjoys a full practice. From a woman once considered "permanently disabled," If I Only Had a Brain Injury is itself testament to the incredible resilience of human brain and spirit.