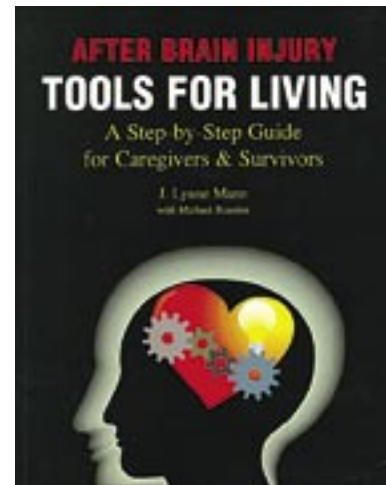


After Brain Injury: Tools for Living A Step-by-Step Guide for Caregivers and Survivors

J. Lynne Mann, R. Psych., with Michael Rossiter

*The content is well thought out
and presented in an easy-to-follow fashion
that allows for understanding by a range of readers.
I would not hesitate to recommend After Brain Injury:
Tools for Living to anyone working with
trauma victims.*

Stanley S. Blank, PhD., R. Psych.,
Corporate & Career Development Inc.

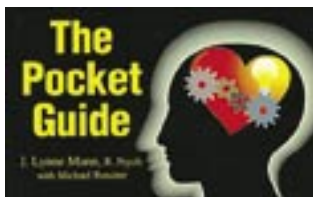


The trauma of brain injury affects many people besides the injured one, and *After Brain Injury: Tools for Living* offers hope to all of them.

In clear language and with easy-to-follow exercises, the authors lead the reader through the four stages of psychological recovery: becoming more self-aware, recovering emotionally, thinking in new ways, and changing behaviour.

In reading this book you will be exposed to new ideas about recovery, find methods and tools for solving problems specifically faced by brain injury survivors and their caregivers, get to practise these methods and tools by doing worksheets, be inspired to try out new skills and ideas in everyday situations and develop the ability to remember those new skills and ideas.

The Pocket Guide for After Brain Injury



A small edition of this book, filled with ongoing recovery reminders, has been created specifically for the person who has been brain injured.

Paperback/3" x 5"/64 pages ISBN 1-894694-28-7 \$39.95 CDN/\$29.95 US

TOM: Time Organization Manager is a system in a binder which helps both the caregiver and survivor organize their papers, time and daily activities.
Binder / \$69.95 CDN / \$54.95 US

Lynne Mann, sparked by her own epilepsy, wrote her master's thesis on the experience of epilepsy and its meanings to many people with the illness. As a private practitioner Lynne found that too much time was spent on assessment of problems rather than treatment.

Recently, Lynne has been developing training programs for para-professionals who work with those who have brain injuries.

Michael Rossiter is the father of a traumatic brain injury survivor. He advocates for services and support for survivors and their families throughout B.C.

Health / Psychology / Brain Damage Rehabilitation Paperback / 8.5" x 11" / 190 pages ISBN 1-894694-25-2 \$89.95 CDN / \$69.95 US