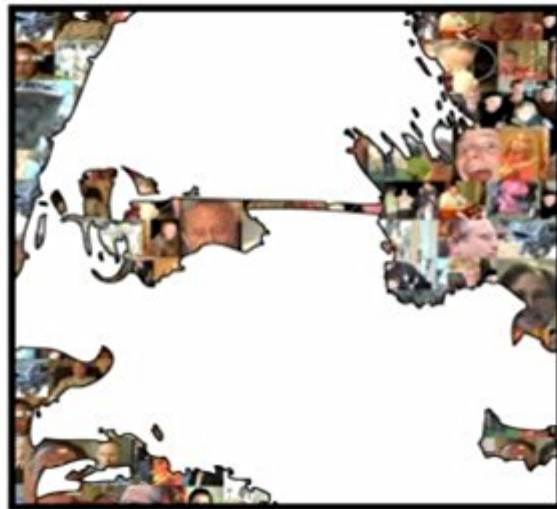




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"You Look Great!": Strategies For Living Inside A Brain Injury



"You Look Great!"
Strategies for Living Inside a Brain Injury

John C. Byler
with Laura Ricard, Ph.D.



Synopsis

“You Look Great!” presents The TBI Recovery Model, an interdisciplinary approach to recovering from a brain injury. The model’s two checklists – Medical and Rehabilitation – help doctors and case managers answer the question, “Why do I feel so terrible all the time?” The book describes the role of each major medical and rehabilitation professional that should be considered as a referral to the TBI Recovery Team. With its personal narratives and strategy-session highlights with world-class specialists, “You Look Great!” narrows the gap between patients and the professionals who work with them; between patients and the caregivers and loved ones who live with them. The book is stocked with professional viewpoints, personal narratives and case studies, showcasing the clinical and very personal aspects of the brain-injury recovery process.

Book Information

Paperback: 420 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (July 26, 2011)

Language: English

ISBN-10: 1463621248

ISBN-13: 978-1463621247

Product Dimensions: 8 x 1 x 10 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 22 customer reviews

Best Sellers Rank: #1,111,931 in Books (See Top 100 in Books) #102 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving #703 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation #1143 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology

Customer Reviews

Between 1983 and 2005, John Byler worked as an Instructional Designer and writer, creating “learning solutions” for companies, most of them Fortune 100. Since his car accident on 21 September 2005 in which he sustained a so-called mild TBI, he has spoken with – commiserated with, shared tactics with, become life-long friends with – many other TBI survivors. John lives in Harvard, MA with his wife Lynne and, when they come home to visit, their all grown-up and moved-out sons Chris, Andrew and Will. He will forever be grateful for their unconditional love, their lifelines of support and their often random but healing senses of humor.

John serves on the Board of the Brain Injury Association of Massachusetts (BIA-MA), and on the Cross-Disability Advisory Council at Boston's Disability Law Center. He enjoys things that he likes. Shout out to his mother Bonnie Scheid and to his friends. John received invaluable help from Laura Ricard, PhD. Although John tried several attempts at drafting an elaborate, fairly witty bio for Dr. Ricard, she maintains that she is simply a professional writer who lives in Amherst, MA. (She is much more than that, though. Trust me.)

I need to meet the author. I have been suffering a TBI from a car accident (including severe whiplash and upper back pain) for almost a full year now. The book is sensibly written in double spaced format for those with accident related eye issues (like me!). I read the first three chapters last night and I had the chills. He was telling my story. Although I'm only heading into chapter 4, I can already tell that EVERYONE who works with head injury/concussion patients, parents of concussed kids, victims of mva's where the buzzed driver of the other car who was 100% at fault was permitted by the police to drive himself home???? (true story), etc. I wish someone suggested this book to me sooner. I'm living the nightmare and from what I've read already, I am 'finally' not alone. I have had to advocate for myself every single step of the way and it is extremely difficult. I've had PC doctors and neurologists literally turn their backs to me because they simply do not know anything about brain injuries. Thank you John C. Byler.

I felt "normal" while reading this book. Normal for a traumatic brain injury survivor. It's amazing how wonderful it feels to read about another person who experiences life the way I do:~confusion caused him a lot of anxiety~ worsening symptoms can trigger a downward spiral of more confusion and fear~The injury's gradual onset~ Colors seemed "brighter than normal"~ I couldn't focus, think, or remember~Getting well was my new full time job~A pile taunts me. I have to look away because I see a hundred categories, and trying to sort it all would mean analyzing and decision-making, which quickly saps my cognitive energy. These are some of the sentences that I read, that made me feel.... "okay". I used the highlighter in my Kindle Fire to mark statements that really hit home. I ended up with 462 notes to review.

A good read. A compilation of strategy to get you through the day & life , if you are living with a brain injury. I would recommend it for anyone ,whether, a survivor or living with a survivor.

Beyond my expectations. It spoke volumes to me personally in understanding mild TBI in a more

accurate framework, from someone who has lived to tell about it . Byler is an accomplished author and this is an impressive well-rounded tribute to mildTBI injury. Bravo to Byler for the courage it took to write it, every nursing school and rehab center should have a copy of it.

A must have quite for TBI folks and their family. Really clarified many issues. Lots of great advice and strategies.

Excellent book for survivors and caregivers. Written in large print and easy to understand. Recommended by my neurologist. Thank you John Byler!

Excellent! So helpful. The info here has helped me understand my recovery process so much better and gave me a much needed boost of hope. Thank you!!

Outstanding. A premier book for all who have suffered with a TBI. this book really opens eyes

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