



Conquering Concussion

By C. M. Shifflett

Round Earth Publishing. Paperback. Condition: New. C. M. Shifflett (illustrator). 310 pages. Dimensions: 10.0in. x 7.5in. x 0.6in. This lively, well-researched, and hopeful book is an excellent primer for anyone dealing with TBI and its aftermath, from victims to caretakers. It is clearly written and illustrated for the average reader, but contains information that may be new to many healthcare professionals puzzled by odd and unresponsive symptoms. This book draws on 20 years of clinical experience and the realization that time alone does not heal the brain. These are real stories about real people struggling with effects of concussion: terrible fatigue, headache and physical pain, emotional swings, mental fog, insomnia, weight gain and balance problems. It shows how post-concussion symptoms overlap with other diagnoses such as ADHD and depression, and reveals the link with PTSD. It reviews appropriate therapies that can help with recovery. post-concussion symptoms overlap with other diagnoses such as ADHD and depression, and the link with PTSD. Topics include: Head injuries in history, from Henry VIII to Elvis Presley. What happens in concussion, the many symptoms that may appear, and problems with standard testing and treatments. The origins, supporting research, and results of neurofeedback. Detailed case histories of...



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