



## Overcoming Mild Traumatic Brain Injury and Post-Concussion Symptoms: A Self-Help Guide Using Evidence-Based Techniques

By Nigel King

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Mild Traumatic Brain Injury and Post-Concussion Symptoms: A Self-Help Guide Using Evidence-Based Techniques, Nigel King, Up to 10% of people will suffer a mild head injury (or 'mild traumatic brain injury') in their lifetime and up to 50% of those people will also find they have lingering post-concussion symptoms in the months or years afterwards. These symptoms can include headaches, dizziness, fatigue, irritability, sleep disturbance, reduced day-to-day memory, poor concentration, taking longer to think, 'muzzy' headedness, depression, anxiety, tinnitus, blurred or double vision, sensitivity to light or noise, frustration, nausea, restlessness and sensitivity to alcohol. In such circumstances the 'mild' head injury may feel anything but mild. This is particularly so if large areas of your day to day life are affected. People in these circumstances can have their difficulties compounded by the very different explanations for their persisting difficulties. These usually involve receiving contradictory opinions about the extent to which ongoing symptoms are caused by neurological brain injury or other factors. These complicating factors can make it very difficult to find the right kind of service or expertise after a TBI. Patients can easily feel like they are...



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*Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.*

*-- Mrs. Jane Quitzon DDS*

*An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating through studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*-- Josefina Yundt*