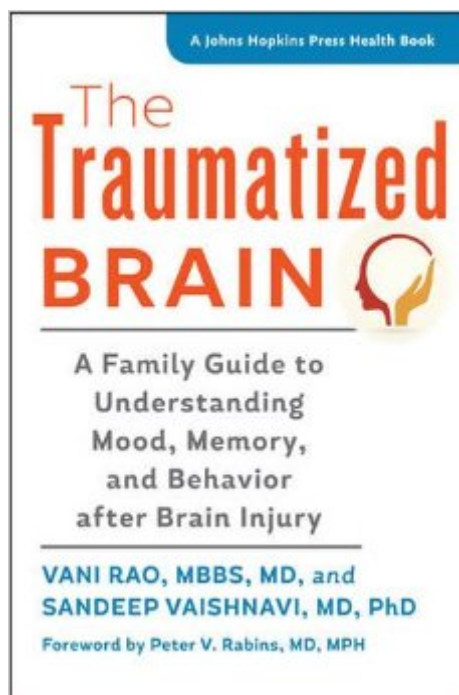


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# The Traumatized Brain: A Family Guide To Understanding Mood, Memory, And Behavior After Brain Injury (A Johns Hopkins Press Health Book)



## Synopsis

A traumatic brain injury is a life-changing event, affecting an individual's lifestyle, ability to work, relationships—even personality. Whatever caused it—car crash, work accident, sports injury, domestic violence, combat—a severe blow to the head results in acute and, often, lasting symptoms. People with brain injury benefit from understanding, patience, and assistance in recovering their bearings and functioning to their full abilities. In *The Traumatized Brain*, neuropsychiatrists Drs. Vani Rao and Sandeep Vaishnavi—experts in helping people heal after head trauma—explain how traumatic brain injury, whether mild, moderate, or severe, affects the brain. They advise readers on how emotional symptoms such as depression, anxiety, mania, and apathy can be treated; how behavioral symptoms such as psychosis, aggression, impulsivity, and sleep disturbances can be addressed; and how cognitive functions like attention, memory, executive functioning, and language can be improved. They also discuss headaches, seizures, vision problems, and other neurological symptoms of traumatic brain injury. By stressing that symptoms are real and are directly related to the trauma, Rao and Vaishnavi hope to restore dignity to people with traumatic brain injury and encourage them to ask for help. Each chapter incorporates case studies and suggestions for appropriate medications, counseling, and other treatments and ends with targeted tips for coping. The book also includes a useful glossary, a list of resources, and suggestions for further reading.

## Book Information

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## Customer Reviews

"If ever there was a book that truly could save your life, it would be this one. Drs. Rao and Vaishnavi have written a critical manual for patients, family, essentially anyone to help recognize and explain the warning signs of a TBI. Without visible symptoms, sufferers have long remained silent or been deemed "crazy," but this important book not only details the physiological, cognitive and behavioral changes in the brain, it offers hope through treatment."Bob Woodruff, ABC News Journalist

I purchased THE TRAUMATIZED BRAIN on after it was selected and reviewed in JOHNS HOPKINS MAGAZINE as an approachable and effectively informative book on a complicated and painful injury.Drs. Vani Rao and Sandeep Vaishnave's THE TRAUMATIZED BRAIN made the origins, causes, symptoms, up to date treatment options for traumatized brain injury (TBI) understandable to a layperson. I realized the "big picture" of the structure and function of the human without using a medical dictionary.The authors' ultimate goal is to help the Traumatic Brain Injured (TBI) survivor, and/or the caretakers, family members, and the professionalspecialists in the medical, nursing, and social work fields best assist the TBI survivor to learn how to recover from the trauma of brain injury. THE TRAUMATIZED BRAIN will encourage removal of remnants of lingering stigma still associated with psychiatry and mental illness.Professional specialists in the medical, nursing, and social work fields will gain education about exciting developments still in the research stage. I read this page turning THE TRAUMATIZED BRAIN one time so far. I intent to reread. I found this book helpful for my own emotional and mood problems. Reading THE TRAUMATIZED BRAIN is a journey with the authors exploring the structure and function of the brain, the various ways traumatic brain injury affects the brain, and the emotional, behavioral, cognitive, and general neurological symptoms of THE TRAUMATIZEDBRAIN.

The Traumatized Brain is an amazing resource for anyone who wants to understand brain injury. The authors take a very complex medical condition and explain it in a way that anyone with or without a background in brain injury can understand. There are great case examples provided for areas explained by the authors, making the information very practical for the reader. Caregivers and other people who know someone with a brain injury can really benefit from this book. It explains the challenges faced by those who have these injuries and helps the reader to understand how to support someone with a brain injury. As a brain injury professional, I loved the book and will recommend it to people who need a resource to help them to understand brain injury and its impact on people who experience these injuries. The book is a gift to the field of brain injury, well done!

The Traumatized Brain is a complete book that medical professionals as well lay people and families who have witnessed the suffering of their loved ones will enjoy reading. It is an educational guide with diagrams that help readers understand how traumatic brain can be disabling. I thoroughly enjoyed the guidance provided to the families of brain injured people. The cases described vividly capture the journey of these suffering patients and their families.

Very informative and helpful for those with a loved one dealing with a TBI. I wish I had this book several years ago to help understand what my son was/is going through after suffering a head injury due to a car wreck. Written in a way to easily comprehend it answered a lot of questions for me and helped me understand what my son has been going through. The information comes from two well experienced doctors in the field of head trauma. I will be passing this book on to other family members to better inform them of what my son is experiencing.

This book is a must-read for anyone affected by TBI. Whether you are a survivor, loved one, friend, family, or caregiver, this book will give you insight into an often misunderstood, silent, and invisible injury that far too many Americans suffer with. The authors have written this book in very easy-to-read verbiage that most anyone can understand, not just doctors.

Checked it out at the library and it was so good that I wanted to buy a copy for our home library. Recommend it for anyone who has a TBI family member. Plus it's in language that the layman can understand. Excellent book.

Well worth the read for families dealing with someone with brain injury. Some recommendations/interventions are pretty generic and common sense. It does include several good references. I am a health practitioner with some experience with clients with brain injuries which may have been why I felt some of the information was very general. That said it is a good reference for some updated research

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