



Mindstorms: Living with Traumatic Brain Injury

John W. Cassidy MD

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If your loved one has experienced a traumatic brain injury (TBI), you know that its effects can be devastating and often difficult to understand. It may feel as if your world has shifted on its axis, and you'll never get your bearings. Navigating your way through the morass of doctors, medical terms, and the healthcare system can be daunting, especially when you want only what's best for the person you love. Dr. John Cassidy has devoted the past twenty-five years to helping families cope with traumatic brain injury; *Mindstorms* is his compassionate, comprehensive manual to demystifying this often frightening and life-changing condition.

More than 6.3 million Americans live with a severe disability caused by a traumatic brain injury. In fact, because it's so commonplace, but little talked of, TBI is often referred to as the "silent epidemic." In these pages, Dr. Cassidy walks you through the different types of brain injury; explodes the common myths surrounding it; demonstrates the ways in which TBI may affect memory, behavior, and social interaction; explores the newest options in treatment and rehabilitation; and shows you how to hold on to your own sense of self as you journey through. Along with the practical information you'll need, *Mindstorms* offers a constellation of instructive, moving stories from families and patients who are slowly, but surely, finding their way back. Their experiences are sure to inspire you and yours.

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