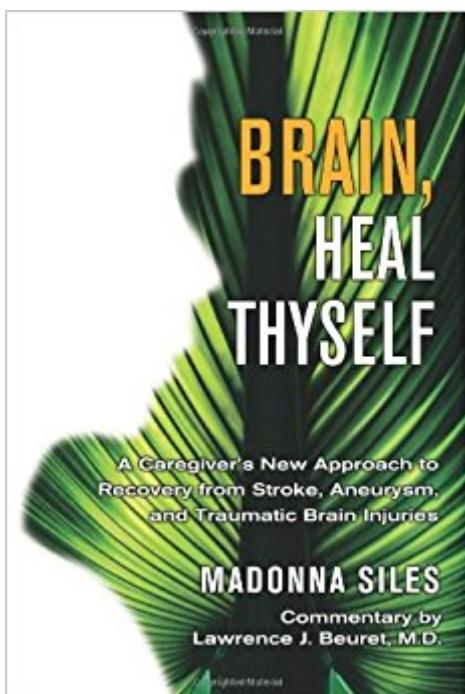


The book was found

Brain, Heal Thyself: A Caregiver's New Approach To Recovery From Stroke, Aneurism, And Traumatic Brain Injury



Synopsis

When Eve suffered a near-fatal brain aneurysm, Madonna Siles, her housemate and friend, too quickly found herself making critical short- and long-term medical care decisions without any help. When the insurance and financial resources ran out and the conventional therapy providers discharged zombie-like Eve to the homecare of a solitary caregiver, both their futures seemed hopeless. Instead of giving up, Siles drew on life experience and her marketing career to develop a rehabilitation program that harnessed the power of the subconscious mind. Using motivational techniques borrowed from the advertising world, she appealed to Eve's subconscious to bypass the brain damage and restore normal functioning. In three short years, even the doctors were amazed at Eve's recovery and return to a near-normal life. Part memoir, part recovery manual, *Brain, Heal Thyself* is a guidebook for thousands of shell-shocked individuals who suddenly find themselves having to make life and death decisions for those they love. With humor, warmth, and arresting honesty, Siles's lively narrative closely examines not only the patient's recovery, but also the crucial role of caregivers and the emotional, financial, and practical pressures they face.

Book Information

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Customer Reviews

.... Siles used her knowledge of AA's 12-step program and subconscious communication and visualization techniques (for) her friend's recovery Recommended. -- Library Journal Review, June 15, 2006A holistic rehabilitation plan, drawing on experience as practitioner of A.A.'s 12-Step

program and personal knowledge of subconscious communication techniques. -- Woman's RadioProvides an excellent, well-written description of her frustrations...but takes one step further by making recommendations for nonstandard methods. --American Psychological Association

's computers erroneously state that the author cites 6 books such as Merry Christmas, The Grand Canyon, etc. in Brain, Heal Thyself. None of these books are cited, nor do they have anything to do with the content of Brain, Heal Thyself, which is about caregiving a brain trauma survivor. Signed, The Author

Every stroke, aneurysm, traumatic brain injury is different which is one reason it is so tough to deal with recovery, especially with the "at home stage". My husband suffered a massive stroke with evolved to a craniectomy so I have gone thru years of being a caretaker.what I loved this book is that so many of the suthor's situations and emotions were so "spot on". From being totally overwhelmed in the beginning that one is primarily reacting vs being pro active in dealing with the days after "the event", to learning how to take one day at a time or celebrating one small improvement, to evolving/figuring out a home treatment plan. The hard parts are coming up with ideas for home rehab because the survivor and caretaker are left on their own, and most important, for the caretaker not to get lost in the process.It was well worth reading.

I am a caregiver for someone recovering from a stroke - so I read the second part of the book first, where Madonna takes Eve home and begins her common sense and using-everything-she-ever-learned-in-life approach to helping her friend recover. Every occupational therapist in America should be required to read this book. It's a great book, an easy read, by a wonderful, creative, funny, honest human being. Madonna will cause you to start thinking creatively about how you can help your loved one in your daily interactions with them. A must read for anyone helping someone recover emotionally and/or cognitively, because relating to them as if they are still a competent human being is vital for rebuilding their confidence to keep trying, and by continued trying they recover.(that's a bit of knowledge that our medical community has failed to pick up on)

This book made me even more apprehensive than I already was about my husband's stroke. The author's preoccupation with her own feelings detracts from the obvious suffering of her partner who had the stroke. I read 50 pages and had to stop because I was becoming increasingly anxious upon reading her descriptions of both her partner's symptoms and her own reaction to them.

This is a good book about the before, during and after of a drama like brain injuries. The author explains how lonely is the care-taker and how overwhelming is the task. I am in a similar situation as my husband had a stroke at the young age of 46 and I found support and understanding through the pages of this book. All the aspects are approached like the difficulties, the fears, the financial aspects etc.... as well as the hope, the happiness related to each achievement, the ups and downs and the faith into a future, different from the past but still worth fighting for life. A must read

Bought this for our Mom to read in order to find ideas on how to help Dad heal from a stroke. Sadly she reported that there were no real details on anything that would be helpful, and the book was more about the author's relationship with her life partner than actual stroke recovery. Disappointing.

This was an enjoyable book to read (considering the topic), but it didn't offer much in the way of specifics for care giving or rehabilitation. Much of the book is dedicated to telling the author's story, and it also heavily references the 12 step program. Although I didn't get the specifics I was looking for, I did get a few ideas for additional research, such as eye exercises for regaining balance. Additionally, the book did provide me with a sense of hopeful optimism about my care giving situation.

The book was so interesting, it was hard to put down. Amazing results sometimes using simple solutions. Mainly trusting in the person and the higher power.

Very good book. This book helped me a lot to find things to help my husband regain the use of his right side. It also helped me not to give up on helping him.

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