



Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma

Diane Roberts Stoler, Barbara Albers Hill

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Endorsed by the leading professional experts in the field of brain injury, *Coping with Concussion and Mild Traumatic Brain Injury*, is a must-have guide for managing life in the aftermath of concussion.

Often presenting itself after a head trauma, concussion-- or mild traumatic brain injury (mTBI)-- can cause anxiety, chronic migraines, depression, memory, and sleep problems that can last for years, referred to as post concussion syndrome (PCS). Easy-to-read and informative, this book is an invaluable resource for understanding concussion, post concussion syndrome (PCS) and traumatic brain injury (TBI), as well as overcoming the challenges associated with these conditions.

Neuropsychologist and concussion survivor Dr. Diane Roberts Stoler is the authority on all aspects of the recovery process. *Coping with Concussion and Mild Traumatic Brain Injury* is a lifeline for patients, parents, and other caregivers navigating the concussion course.

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