



## 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...



**READ ONLINE**

### Reviews

*Very beneficial for all type of folks. It can be rally intriguing throgh studying time. You will like how the writer publish this ebook.*

-- **Nathan Cruickshank**

*Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Mariano Spinka**