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# Coping with Mild Traumatic Brain Injury

*By Diane Roberts Stoler Ed.D., Barbara Albers Hill*



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Mild traumatic brain injury is one of the most commonly misdiagnosed problems in the United States today. Symptoms can mimic those of a stroke, depression, or chronic fatigue syndrome. Authors **Stoler** and **Hill** offer clear information on the different types of brain injury, as well as the treatment options available.



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## **Editorial Review**

From Library Journal

Over 325,000 Americans annually suffer mild head trauma from automobile accidents, assaults, falls, sports injuries, etc. With a diagnosis of mild traumatic brain injury (MTBI), the individual will be told to rest for a few days or weeks, and, with luck, that may be the end of it. Unfortunately, many of those affected suffer ongoing, debilitating symptoms—migraines, depression, seizures, etc.—for months or even years. Symptoms are unpredictable and are difficult to diagnose because there is no single test to detect MTBI and postconcussive syndrome (PCS). Stoler, a practicing psychologist who has herself experienced mild head injury, and Hill, a psychologist and writer, have compiled a comprehensive manual explaining what is involved in the diagnosis, treatment, and rehabilitation of brain-injured people. Presenting short case studies, they discuss the difficult diagnostic context of head trauma and offer practical suggestions for coping with physical and emotional repercussions. Especially valuable for patient education libraries. —James Swanton, Harlem Hosp., New York

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## **Users Review**

**From reader reviews:**

**Mildred Duncan:**

The book Coping with Mild Traumatic Brain Injury gives you the sense of being enjoy for your spare time. You need to use to make your capable much more increase. Book can to be your best friend when you getting anxiety or having big problem together with your subject. If you can make examining a book Coping with Mild Traumatic Brain Injury to get your habit, you can get much more advantages, like add your capable, increase your knowledge about some or all subjects. You may know everything if you like open up and read a guide Coping with Mild Traumatic Brain Injury. Kinds of book are several. It means that, science guide or encyclopedia or some others. So , how do you think about this guide?

**Thomas Rasmussen:**

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**Mary Barrientes:**

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