



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 Ed.D., Barbara Albers Hill

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A comprehensive guide for improving memory, focus, and quality of life in the aftermath of a concussion.

Often presenting itself after a head trauma, concussion— or mild traumatic brain injury (mTBI)— can cause chronic migraines, depression, memory, and sleep problems that can last for years, referred to as post concussion syndrome (PCS).

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.

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