



Book Recommendations

A Traumatic Brain Injury can leave the caregiver feeling lost and very alone. It is a frightening, overwhelming and life altering experience. I turned to books for solace, support and to read about what was happening to Brandon and also what was happening to me.

I found memoirs to be most helpful. It was incredibly validating to read about the experiences of others and to see the progression of recovery. Many of the memoirs below are sad and hard to read. But they are very powerful and often beautiful. They helped me to feel less alone.

I also read science based books to try to truly understand what was happening to Brandon's brain and to understand why he acted the way he did.

It can also be helpful to share these books with those around you to try to help them understand what you are experiencing.

Memoirs, or what I call the emotional books:

- ["In an Instant: A Family's Journey of Love and Healing" by Lee Woodruff](#) - This was the first book I read. It's the story of ABC news anchor - Bob Woodruff and the TBI he suffered while in Iraq (he also contributes to the book). She writes in candid detail about the early hours of his accident.
- ["Learning by Accident" by Rosemary Rawlins](#) - This one is my favorite. It hit close to home because her husband was hit while riding his bicycle (like Brandon). I read this a year and a half after Brandon's accident. It starts at day one and ends with 6 years after the accident. She also talks a bit about the lawsuit.
- ["Where is the Mango Princess?" by Cathy Cummins](#) - She injects humor and wit where she can, which I appreciated. She also discusses their issues with getting medical care.
- ["A Three Dog Life" by Abigail Thomas](#) - A sad, moving read. It is about the wife learning to live her own life in the wake of her husband's terrible accident.
- ["Professor Cromer Learns to Read" by Janet M. Cromer](#) - A beautiful story of a woman's dedication to her husband. Professor Cromer's recovery was long and hard, and I appreciated Janet's honesty.
- ["To Love What Is: A Marriage Transformed" by Alix Kates Shulman](#) - Beautiful and touching read that portrays the resiliency of love.
- ["The Stranger in Our Marriage" by Dr. Colleen Morgan](#) - A quick helpful read. I found this book to have a bit of a darker hint to it. Warning - their relationship does not survive the TBI.

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Science based TBI/recovery books:

- ["Mindstorms: Living with Traumatic Brain Injury" by John W. Cassidy](#) - This was my TBI bible. Very accessible and informative. I highly recommend reading this book first.
- ["Coping with Mild Traumatic Brain Injury" by Diane Roberts Stoler and Barbara Albers Hill](#) - Comprehensive guide on less severe but equally as life altering Mild Traumatic Brain Injury.
- ["Brain Injury Survival Kit" by Cheryle Sullivan](#) - Written by a woman whose mother suffered a TBI. She also survived a TBI herself. Quick read with tips and tricks on how to manage cognitive function loss.
- ["My Stroke of Insight" by Jill Bolte Taylor](#) - A brain scientist observes her mind as she has a massive stroke. A really powerful recommendation from Appendix B in the back of the book: *"Love me for who I am today. Don't hold me to being the person I was before. I have a different brain now."* She also has a [TED talk](#).
- ["The Brain That Changes Itself" by Norman Doidge](#) - An interesting read about neuroplasticity (the potential that the brain has to reorganize by creating new neural pathways to adapt, as it needs), but less about TBI. Heavily based in science. I do not recommend reading this one first if you are looking for TBI specific information.

