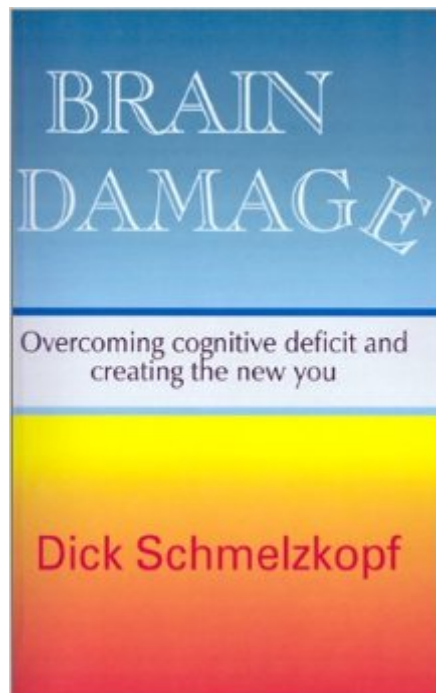


The book was found

Brain Damage: Overcoming Cognitive Deficit And Creating The New You



Synopsis

Book by Schmelzkopf, Richard Edward

Book Information

Paperback: 197 pages

Publisher: Emerald Ink Publishing; 1st edition (January 2001)

Language: English

ISBN-10: 188537335X

ISBN-13: 978-1885373359

Product Dimensions: 8.3 x 5.3 x 0.6 inches

Shipping Weight: 9 ounces

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #4,218,724 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Brain Cancer](#) #2184 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #2814 in [Books > Biographies & Memoirs > Specific Groups > Special Needs](#)

Customer Reviews

As a psychologist for 30 years I have read many professional texts and self-help books. This is a valuable book for people entering the healing professions as well as for patients and their caretakers because, throughout, it touches on a man's path to recovering from brain damage. It touches on his creating a personal philosophy to see him through, skills he learned along the way, including self-assertion, and finally the love he's learned along the way. Dick Schmelzkopf's book, *Brain Damage: Overcoming adversity with wit and humor*, challenges us to observe what is, to most of us, the mundane choices of life, what to wear, doing chores, and handling finances through his brain-damaged mind. This book is a practical, no-nonsense, road map outlining the rehabilitation process of a brain-damaged man ... and more. In addition, the author describes what one can expect to experience along the way and shares his views that will help people understand what tools one needs on such a journey. It will make the trip easier for all who make this journey and those who accompany them. Reading this book illuminates our lives and can only make us more tolerant, compassionate, and caring. I'm a better psychologist for having read it. Philosophy From his first thoughts after surgery, Dick Schmelzkopf psychologically reframes how he sees life. Dick's advice to "Add Quality of Life to your personal credo" will shake the whininess out of anyone's "pity party." Many who have died on the operating table and are brought back to life also make this shift

in their thinking through the transformational experience. Dick avoids sliding into non-productive funks when he admonishes us, "Don't beat yourself up ... Remember it and learn by it." Combine Dick's advice to us all that we "...

[Download to continue reading...](#)

Brain Damage: Overcoming Cognitive Deficit and Creating the New You The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve and Brain Damage The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage ADHD Diet for Kids: Brain Food to Help Your Child Fight Symptoms of Attention Deficit Hyperactivity Disorder Of Space and Mind: Cognitive Mappings of Contemporary Chicano/a Fiction (Cognitive Approaches to Literature and Culture) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts Dave Pelz's Damage Control: How to Save Up to 5 Shots Per Round Using All-New, Scientifically Proven Techniques for Playing Out of Trouble Lies My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain

David Perlmutter

[Dmca](#)