

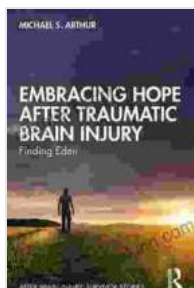
Finding Eden After Brain Injury: Your Guide to a Meaningful Life



A Personal Narrative of Hope and Recovery

In 2010, Shirley Christenson suffered a traumatic brain injury (TBI) that changed the course of her life forever. In an instant, she lost her career, her independence, and her sense of self. But Shirley refused to give up. With the support of her family and friends, she embarked on a long and difficult journey of recovery.

In her new book, *Finding Eden After Brain Injury*, Shirley shares her personal narrative of hope and recovery. With raw honesty and vulnerability, she reveals the pain, confusion, and setbacks she has faced, as well as the extraordinary moments of grace and resilience that have carried her through. Drawing from her own experiences as well as her research and interviews with other survivors, Shirley offers practical advice and strategies for recovery, including:



Embracing Hope After Traumatic Brain Injury: Finding Eden (After Brain Injury: Survivor Stories) by Michael S. Arthur

★★★★★ 5 out of 5

Language : English
File size : 4479 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 232 pages



- Creating a support system
- Navigating the healthcare system
- Managing cognitive and physical challenges
- Finding purpose and meaning in life
- Advocating for yourself and others

Finding Eden After Brain Injury is a must-read for anyone who has been affected by a brain injury, as well as for their families and friends. It is a

story of hope, inspiration, and resilience. It is a story that will help you to find your own Eden after brain injury.

Reviews

“Shirley Christenson’s *Finding Eden After Brain Injury* is a powerful and inspiring memoir. Her story is a testament to the human spirit’s ability to overcome adversity. I highly recommend this book to anyone who has been affected by brain injury, as well as to their families and friends.”

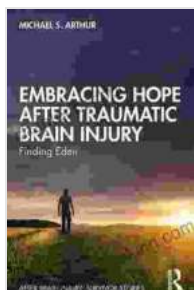
—**Dr. Jill Bolte Taylor, author of *My Stroke of Insight***

“Shirley Christenson’s book is a valuable resource for anyone who has been affected by brain injury. Her personal narrative is both moving and informative, and her practical advice and strategies for recovery are invaluable.”

—**Maryann Karinch, RN, BSN, CRRN, Executive Director of the Brain Injury Association of New York State**

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