



# Concussion Recovery: Rebuilding the Injured Brain

*Colleen Butler*

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## **Concussion Recovery: Rebuilding the Injured Brain** Colleen Butler

As stated by Harry Zarins, Executive Director of the Brain Injury Association of Canada, Concussion Recovery is an extremely practical guide, which is written from first-hand experience. The book is a compendium of information, techniques, and insight, which the author, Colleen Butler, has compiled from her own journey to understand brain injury and to find her path to recovery. Colleen's extensive experience in helping those who are coping with the challenges of brain injury has led her to develop innovative solutions to give hope and speed the recovery of survivors. Readers will greatly benefit from the empathetic, compassionate approach of the book, its humour and the information it offers. Uplifting, honest and straightforward, Concussion Recovery will empower survivors to take control of their recovery journey and to be patient with themselves as they rebuild their lives.

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