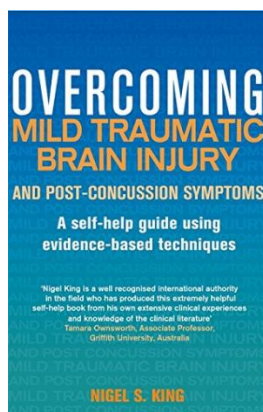


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OVERCOMING MILD TRAUMATIC BRAIN INJURY AND POST-CONCUSSION SYMPTOMS: A SELF-HELP GUIDE USING EVIDENCE-BASED TECHNIQUES



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Mild Traumatic Brain Injury and Post-Concussion Symptoms: A Self-Help Guide Using Evidence-Based Techniques, Nigel King, Up to 10% of people will suffer a mild head injury (or 'mild traumatic brain injury') in their lifetime and up to 50% of those people will also find they have lingering post-concussion symptoms in the months or years afterwards. These symptoms can include headaches, dizziness, fatigue, irritability, sleep disturbance, reduced day-to-day memory, poor...

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