



Concussion Transformation: Overcoming the #1 Silent, Secret Killer of Relationships, Careers, and Lives

Kevin Donahue

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Can life be better after a brain injury? We think so...

Are you one of the millions of people who suffer from a concussion every year? Or has someone in your family suffered from a mild traumatic brain injury and you feel that there is little or nothing you can do about it? Then this book is for you!

We believe that Post Concussion Syndrome (PCS) is the #1 Silent, Secret Killer of Relationships, Careers and Lives. Whether it happens from an auto accident, a fall, domestic violence, or a sports related injury, there is help and there is hope for recovery. The goal of this book is to provide some insights and possibilities by following one man's revealing journey from motorcycle accident, to discovering he had a brain injury, to finding ways he could live an extraordinary life again. "Concussion Transformation" is about finding the hope and resources to transform your tragedy into a triumph!

The brain is still a vast unexplored universe and complex mystery. Even the slightest brain trauma can have major effects to the person who was injured and symptoms manifest differently in each victim. Often times brain injuries go undiagnosed, are left untreated and therefore the person suffers alone and is often left thinking they are going crazy and have no hope. Some symptoms include: personality shifts, loss of interest in activities that were once important, depression, anger, anxiety attacks, and many more.

"ConcussionTransformation" was written to give the reader 7 simple steps the author, Kevin Donahue, used in his own recovery.

No one needs to suffer alone. Help us bring this struggle and suffering out of the darkness and into the light. Share this book with friends, family, or anyone who may be going through the terrible struggle of Post Concussion Syndrome. We are survivors and together we can make our lives better and thrive by shining a light on this silent secret killer. Join us in helping to provide community, hope and prosperity to those who need it most!

Join our movement and growing community and share your story at:

www.concussionrecoverynetwork.com and

www.facebook.com/concussionrecovery

Thank you,
Kevin Donahue

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