



# Cracked: Recovering After Traumatic Brain Injury

*Lynsey Calderwood*

Download now

[Click here](#) if your download doesn't start automatically

# Cracked: Recovering After Traumatic Brain Injury

Lynsey Calderwood

## Cracked: Recovering After Traumatic Brain Injury Lynsey Calderwood

‘It’s written by a young person, in a young person’s language, however it will still hold appeal across the board to people who have been affected by brain injury, and should be a must read for all professionals involved in the care and support of children and young people.’

- Encephalitis Society Newsletter

‘This is a remarkable and unique narrative by a woman who has suffered a brain injury when she was 14 years old, and covers an 8-year post-concussion time span. She has lost all childhood memories, and her new learning is limited and inconsistent...The stigma and lack of understanding associated with having a hidden disability is conveyed evocatively. Nevertheless, the book is not intended to elicit sympathy but to allow her expression of both the frustration and the ironies of coping with a brain injury...Clinicians who work with clients who have brain injuries will feel humbled and can but learn from this book...It is rare for anyone with or without a brain injury to accomplish such an excellent book.’

- Journal of Mental Health

‘I didn’t even recognize my own face in the mirror. Nothing felt right. Dazed. Paralyzed by fear, my first instinct was to run but I had nowhere to hide...Voices echoed, ricocheting across the room. I wished they sounded familiar.’

At the age of 14, Lynsey Calderwood suffered a traumatic brain injury that left her physically unmarked but destroyed her memory. Thrust back into an apparently nonsensical world of which she had no recollection, Lynsey spiralled downwards into depression and eating disorders as she became socially ostracized.

This is the story, in her own words, of Lynsey’s quest to discover her identity and, eventually, to come to terms with her disability. She faces devastating setbacks and her sense of loss, grief and rage is movingly recalled. Courage and perseverance, coupled with her engaging sense of humour, see her through; and her tale will be an inspiration to anyone who has faced similar obstacles.

‘Imagine it, if you can. Well, you probably wouldn’t get close to imagining how dreadful it could be to find your brain has suddenly messed up big style after a head injury. This revealing story tells what happened to one not so ordinary adolescent in November 1992... This is her story. The account of a reconstructed identity. Read it and experience the regrowth of an adolescent spirit.’

\* from the Foreword by Dr Robert McCabe, Consultant Adolescent Psychiatrist, Gartnavel Royal Hospital



[Download Cracked: Recovering After Traumatic Brain Injury ...pdf](#)



[Read Online Cracked: Recovering After Traumatic Brain Injury ...pdf](#)

**Download and Read Free Online Cracked: Recovering After Traumatic Brain Injury Lynsey Calderwood**

---

## **Download and Read Free Online Cracked: Recovering After Traumatic Brain Injury Lynsey Calderwood**

---

### **From reader reviews:**

#### **Mamie Shaw:**

The book Cracked: Recovering After Traumatic Brain Injury can give more knowledge and information about everything you want. So just why must we leave the best thing like a book Cracked: Recovering After Traumatic Brain Injury? A number of you have a different opinion about publication. But one aim which book can give many info for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or details that you take for that, you can give for each other; you are able to share all of these. Book Cracked: Recovering After Traumatic Brain Injury has simple shape but you know: it has great and massive function for you. You can look the enormous world by open up and read a book. So it is very wonderful.

#### **Sheryl Vaughan:**

This Cracked: Recovering After Traumatic Brain Injury are generally reliable for you who want to be a successful person, why. The explanation of this Cracked: Recovering After Traumatic Brain Injury can be one of the great books you must have is giving you more than just simple looking at food but feed a person with information that perhaps will shock your prior knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed people. Beside that this Cracked: Recovering After Traumatic Brain Injury giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we understand it useful in your day exercise. So , let's have it and luxuriate in reading.

#### **James Robinson:**

The reserve untitled Cracked: Recovering After Traumatic Brain Injury is the publication that recommended to you to study. You can see the quality of the e-book content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The article author was did a lot of study when write the book, hence the information that they share for you is absolutely accurate. You also can get the e-book of Cracked: Recovering After Traumatic Brain Injury from the publisher to make you a lot more enjoy free time.

#### **Adam Hay:**

In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for you is Cracked: Recovering After Traumatic Brain Injury this reserve consist a lot of the information from the condition of this world now. That book was represented how does the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The writer made some research when he makes this book. That is why this book appropriate all of you.

**Download and Read Online Cracked: Recovering After Traumatic Brain Injury Lynsey Calderwood #TD9MQ8PKXG5**

# **Read Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood for online ebook**

Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood books to read online.

## **Online Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood ebook PDF download**

**Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood Doc**

**Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood Mobipocket**

**Cracked: Recovering After Traumatic Brain Injury by Lynsey Calderwood EPub**