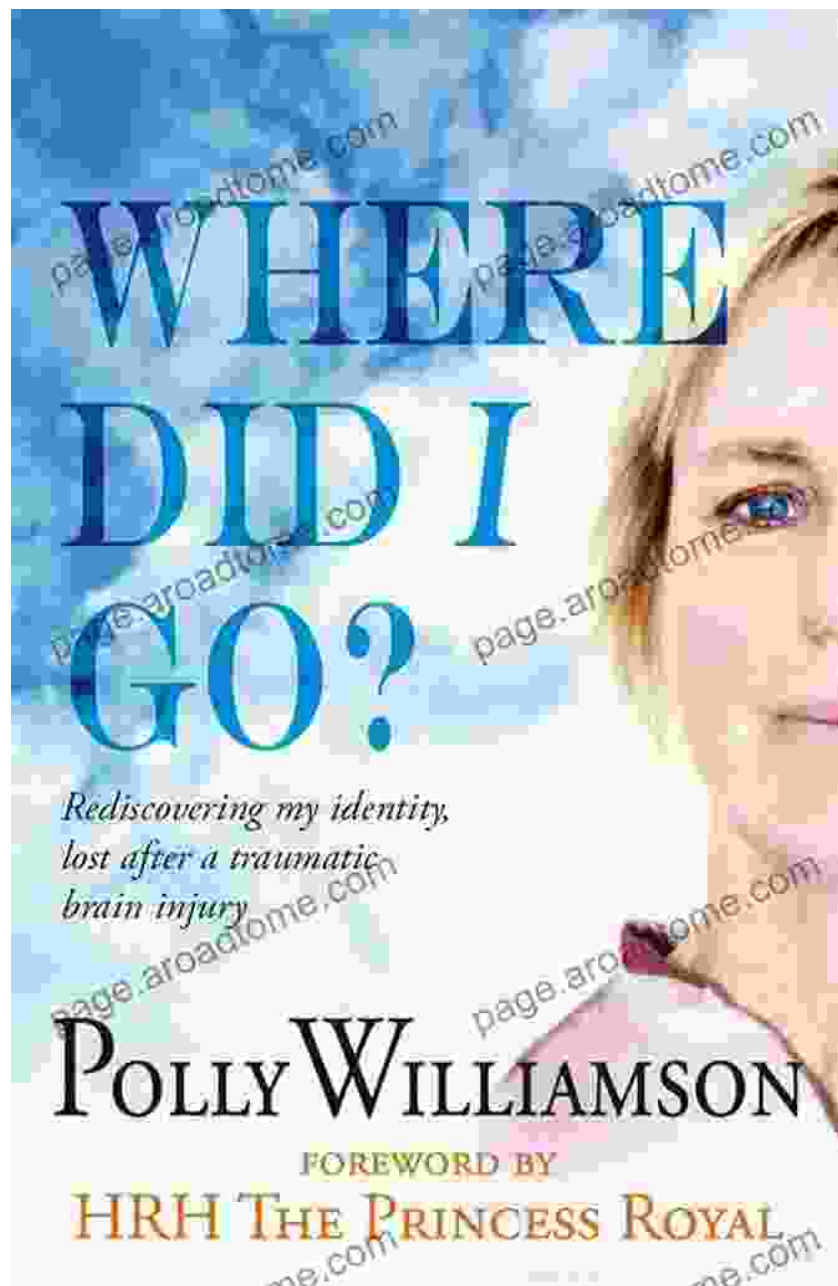


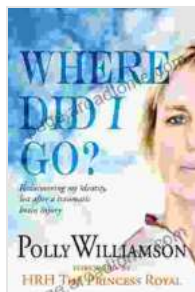
Rediscovering My Identity Lost After Traumatic Brain Injury

A Journey of Healing and Hope



In the aftermath of a traumatic brain injury (TBI), I found myself lost and adrift. The person I once was had vanished, replaced by a stranger who

struggled to recognize herself in the mirror. My memory was shattered, my cognitive abilities impaired, and my emotions were a roller coaster ride. I had lost not only my physical abilities but also my sense of self.



Where did I go?: Rediscovering My Identity, Lost After a Traumatic Brain Injury (Crumps Barn Studio Personal Memoir) by Polly Williamson

★★★★☆ 4.7 out of 5

Language	: English
File size	: 6733 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 294 pages
Lending	: Enabled



This book is the story of my journey to rediscover my identity after TBI. It is a story of pain, struggle, and triumph. It is a story of hope and healing. I share my experiences in the hope that they will inspire others who have faced similar challenges.

In the early days after my injury, I was consumed by grief and despair. I mourned the loss of my former self and the life I once had. I felt like a burden to my family and friends, and I was terrified of the future. I didn't know who I was anymore, or if I ever would.

But even in my darkest moments, I never gave up hope. I knew that I had to find a way to rebuild my life, to create a new identity for myself. With the

support of my loved ones and the help of therapists and other professionals, I slowly began to put the pieces of my life back together.

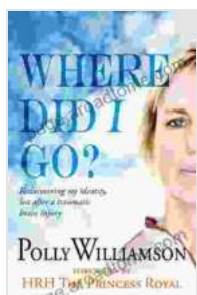
It was a long and difficult process, but I am proud to say that I have come out of it stronger than ever. I have learned to accept my limitations and to focus on my strengths. I have discovered new passions and interests. And I have built a new life that is filled with purpose and meaning.

I am not the same person I was before my TBI. But I am a better person. I am more resilient, more compassionate, and more grateful for every moment of life. I am a survivor.

If you have experienced a traumatic brain injury, I hope that my story will give you hope. Know that you are not alone. There is light at the end of the tunnel. With time, patience, and support, you can rebuild your life and rediscover your identity.

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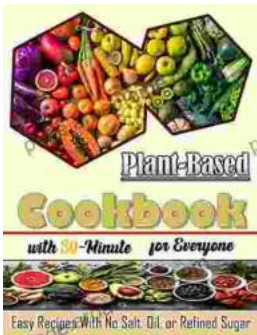
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