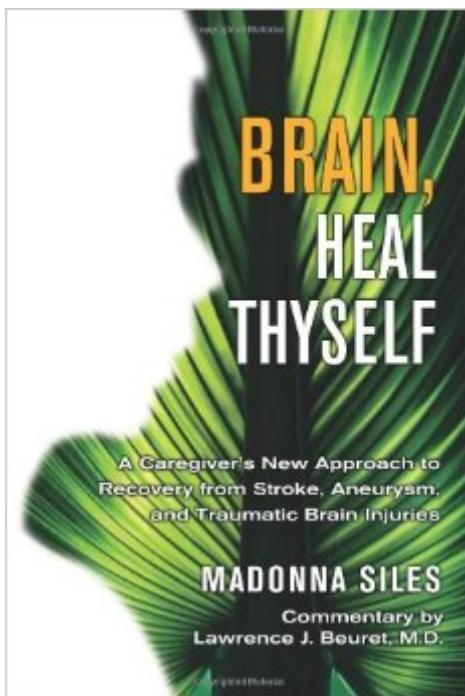


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# Brain, Heal Thyself: A Caregiver's New Approach To Recovery From Stroke, Aneurism, And Traumatic Brain Injury



## Synopsis

When Eve suffered a near-fatal brain aneurysm, Madonna Siles, her housemate and friend, too quickly found herself making critical short- and long-term medical care decisions without any help. When the insurance and financial resources ran out and the conventional therapy providers discharged zombie-like Eve to the homecare of a solitary caregiver, both their futures seemed hopeless. Instead of giving up, Siles drew on life experience and her marketing career to develop a rehabilitation program that harnessed the power of the subconscious mind. Using motivational techniques borrowed from the advertising world, she appealed to Eve's subconscious to bypass the brain damage and restore normal functioning. In three short years, even the doctors were amazed at Eve's recovery and return to a near-normal life. Part memoir, part recovery manual, *Brain, Heal Thyself* is a guidebook for thousands of shell-shocked individuals who suddenly find themselves having to make life and death decisions for those they love. With humor, warmth, and arresting honesty, Siles's lively narrative closely examines not only the patient's recovery, but also the crucial role of caregivers and the emotional, financial, and practical pressures they face.

## Book Information

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## Customer Reviews

Anyone looking for inspiration dealing with a chronic illness or a brain injury...heck, anyone looking for just a darn good "read"... will find Siles' memoir of best friend Eve's aneurysm recovery fascinating and downright remarkable. Siles' direct, humorous, and brutally honest style draws the

reader in from the first sentence. You'll find yourself nodding your head in agreement with her assessments of often contradictory medical thinking and cheering Eve on as she, under Siles' practical guidance, begins her remarkable recovery. If you doubt that belief in a higher power, a positive attitude, and dogged perserverance don't effect recovery, you're wrong. They're just as important as medical science and Siles and Eve prove it!

For anyone thrust without warning or experience into the role of caregiver for someone recovering from a brain injury or stroke, this book is a must-read. Ms. Siles easy style of writing brings you to tears with her down to earth honesty yet can also make you laugh as she describes the impishness of Eve as she begins her recovery. It gives hope to those who have been told their love one is destined to be a vegetable the rest of his/her life. Ms. Siles and Eve prove doctors don't always know best.

I am a caregiver for someone recovering from a stroke - so I read the second part of the book first, where Madonna takes Eve home and begins her common sense and using-everything-she-ever-learned-in-life approach to helping her friend recover. Every occupational therapist in America should be required to read this book. It's a great book, an easy read, by a wonderful, creative, funny, honest human being. Madonna will cause you to start thinking creatively about how you can help your loved one in your daily interactions with them. A must read for anyone helping someone recover emotionally and/or cognitively, because relating to them as if they are still a competent human being is vital for rebuilding their confidence to keep trying, and by continued trying they recover.(that's a bit of knowledge that our medical community has failed to pick up on)

I do not remember the excruciating pain I was apparently in when I had my brain aneurysm. Nor do I recall my months of recovery in hospitals and the nursing home. But I am very grateful that my friend and caregiver never gave up on using her emotion-based approach to brain rehab. I typed the manuscript for Brain, Heal Thyself. I also proofread it. I believe all caregivers and stroke patients (who can read) SHOULD read Brain, Heal Thyself. This caregiving method saved my life. I give this book seven stars!Eve

Ms. Siles has written one of the most inspiring books I've had the pleasure to read! Her story of a friend's recovery from brain injury, from a non-medical point of view, is fascinating, and will bring great hope to other care-givers and victims alike. The most compelling aspect of this book is its

honesty. It should be "required reading" for all doctors and patients who face stroke, aneurism, and brain injury.

This book was interesting, but not particularly helpful in terms of information. I sincerely hope the caregiver has stopped smoking since this is one of the number one causes of stroke and I can't imagine smoking around a stroke victim. The degree of care provided to the stroke victim by the author is interesting as it certainly did not impress me as what would be provided by someone in a true caretaker role--no mention of attending PT sessions, meeting with physicians, etc. Also no real information on what was helpful and what wasn't in terms of care. There's a big deal made about the link between the author's experience in advertising and her ability to motivate/inspire the victim, but this was not evident to me at all in the actual text of the book.

First off, I'm a caregiver to a stroke patient - my husband, who is 40, and suffered from 2 massive strokes end of last year and still hospitalized. The book basically is a testimony of how the author has helped her best friend to get back on her feet from the stroke. This book is not only an enjoyable read (the author is extremely funny, sometimes, a laugh can help a lot in situations like this), but also offers many constructive ideas of how a caregiver can survive through this life's brutal episode. Yes, a caregiver needs to be well alive first, then to "give care". Because her/his well-being is all it counts when their loved one is struck from a brain trauma. And this book has taught us how. After reading the book twice, I was really moved by their friendship described in the book. The author has done her best to bring her dear friend back to normal; If she can do that to her friend, there's no reason that I cannot do the same to my husband, and this thought has helped me survive till now. Back to my husband, after 2 massive strokes and craniotomies and lying in the ICU for 2 weeks, he now can read the newspaper daily and feed himself with a fork. Still can't be able to talk yet, but we're so sure that my strong, funny and loving husband will come back soon. I highly recommend this book to anyone who needs a confidence boost when taking care of a brain trauma patient, or simply wants an enjoyable read. God bless. Fannie

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