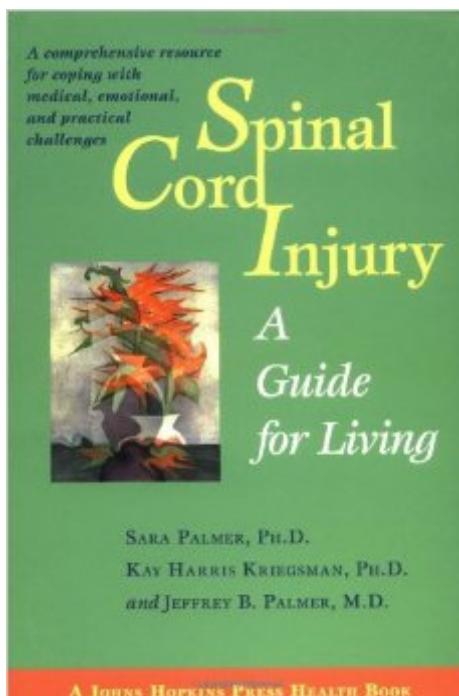


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# Spinal Cord Injury: A Guide For Living (A Johns Hopkins Press Health Book)



## Synopsis

There are approximately 220,000 people with spinal cord injury in the United States and about 10,000 new injuries each year. This straightforward book is designed to help themâ •and their family members and friendsâ •during the rehabilitation process and the journey that follows. Written by three professionals in rehabilitation medicine and psychology, *Spinal Cord Injury* is an easy to understand, comprehensive resource for everyone with SCI, containing essential information for people who are newly injured and for those who have longer experience in coping with injury. The book thoroughly reviews the challenges that may be encountered by people with spinal cord injury throughout their lives, addressing all aspects of spinal cord injury, from psychological, sexual, and social matters to transportation, housing, and employment. The authors explain how spinal cord injury affects physical functioning and how those changes may lead to lowered self-esteem, depression, family conflicts, and social isolationâ •all problems that can derail the adaptation process. But they remind readers that, as with any major life crisis, spinal cord injury can be a catalyst for positive change. A spinal cord injury challenges a person to find creative channels for self-expression, personal strength, and new ways of being in the world. One of the book's most important messages is that a meaningful life is possible after spinal cord injury and that psychosocial adjustment is not necessarily linked to one's degree of physical function or disability. Illustrating each chapter with patient historiesâ •ranging from relatively mild to moderate to severe disabilityâ •the authors begin by demystifying what takes place during emergency treatment and hospitalization and explaining the consequences of different kinds of spinal cord injury. Later chapters describe rehabilitation, returning home, and learning to live independently. Chapters include: Part Iâ •Trauma, Hospitalization, and RehabilitationChapter 1: Into the Wilderness: Trauma and HospitalizationChapter 2: Lost and Searching: RehabilitationChapter 3: Reading the Map: AdjustmentPart IIâ •The Challenge of ReadjustmentChapter 4: Going Home: Old Territory in a New LightChapter 5: Focus on the FamilyChapter 6: Lovers' Lane: Dating, Coupling, and SexualityChapter 7: Life Goes On: Independent LivingPart IIIâ •Successful Living with Spinal Cord InjuryChapter 8: The Next Frontier: Spinal Cord Injury ResearchChapter 9: The Journey ContinuesChapter 10: Concluding ThoughtsLife after spinal cord injury is a progression through medical recovery, emotional adjustment, social integration, and fulfillment of personal goals. People with SCI must find the courage and persistence to redefine personal and professional relationships as well as their own relationship with a changed self. *Spinal Cord Injury: A Guide for Living* is a much needed resource that will help people with spinal cord injury overcome obstacles in managing the challenges of their new lives.

## Book Information

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## Customer Reviews

I had the opportunity to meet Dr. Sara Palmer at a volunteer event for people with various disabilities. Her authenticity immediately became evident. We had lunch and discussed her book and experience in rehabilitation. A quick lunch and coffee became a 2 Â  hour conversation!As a C5-C6 SCI of 23 years, I can honestly state that Dr. Palmer has a comprehensive understanding of the onset of SCI and what it means to live with a significant disability. She is NOT solely an academic; in fact, Sara is passionate about SCI and helping the individual and his or her family adapt and thrive.Letâ™s discuss a bit about the book. I asked myself whether or not the format and content of the book would be helpful to me and my family in the days immediately following my injury in 1992â "the answer is yes. The use of medical terminology may make the book seem rigid and academic, but it is incredibly necessary because those who sustain a SCI need a crash course on understanding who they are biologically in order to recover function and maintain their health over the years. Including stories from those with SCI provides hope for the individual who is most likely overwhelmed.In addition, including information on romantic relationships, independent living, and advances in treatment give the reader a sense of balance that they are not a diagnosis, but still a person who can experience a satisfying Quality of Life.Letâ™s be honest here, living with a SCI presents many challenges, so I donâ™t know that there is any book that could be written that leaves one feeling warm, fuzzy, and content. The power in this book is that it is realistic and

captures a lot of complex emotions and topics associated with SCI. As a rehabilitation counselor and founder of an organization devoted to improving the lives of folks with SCI, I recommend this book to anyone recently injured or living with this disability.

I found this book an excellent source of down to earth information and guidance. It is clear, well-written and easy to read. I recommend it highly to people living with Spinal Cord Injury, their Caregiving Spouses, and psychotherapists working with clients impacted by such injuries. It covers all the bases and as such is a highly valuable contribution to the world of Spinal Cord Injury.

Since my SCI in May of 1999 we have accumulated a pile of books dealing with various aspects of SCI. At 1/10th the price, this book is many times better than any of the others. Their down to earth approach leads you from the point of injury until the day you make the transition from patient to the new you. Outstanding!

This book is quite informative about this subject and serves as an entree to the subject! I recommend the previous book more highly.

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