



The Day I Died

Carole Petiet

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The Day I Died: Brain Trauma and the Journey Back tells the story of a psychologist and registered nurse who had a massive, near-fatal injury while ski racing with her daughter. This is a riveting story about the trauma and healing of a brave and indomitable woman. Her extensive education and expertise enable Dr. Petiet to turn her personal tale into an inspirational account that instructs us all, especially when we face the arduous task of recovery from trauma, or when we support people--personally or professionally--as they heal.

Special issues include:

Coping with pain

Rehabilitation medicine

Integrative medicine

Brain plasticity

Helping children after trauma

Somatic therapy

Healing of eyes

Ski safety

There are reflections on humor, acceptance, gratitude, mystery and miracles. Extensive notes and resources offer guidance and information for the post-trauma journey.

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