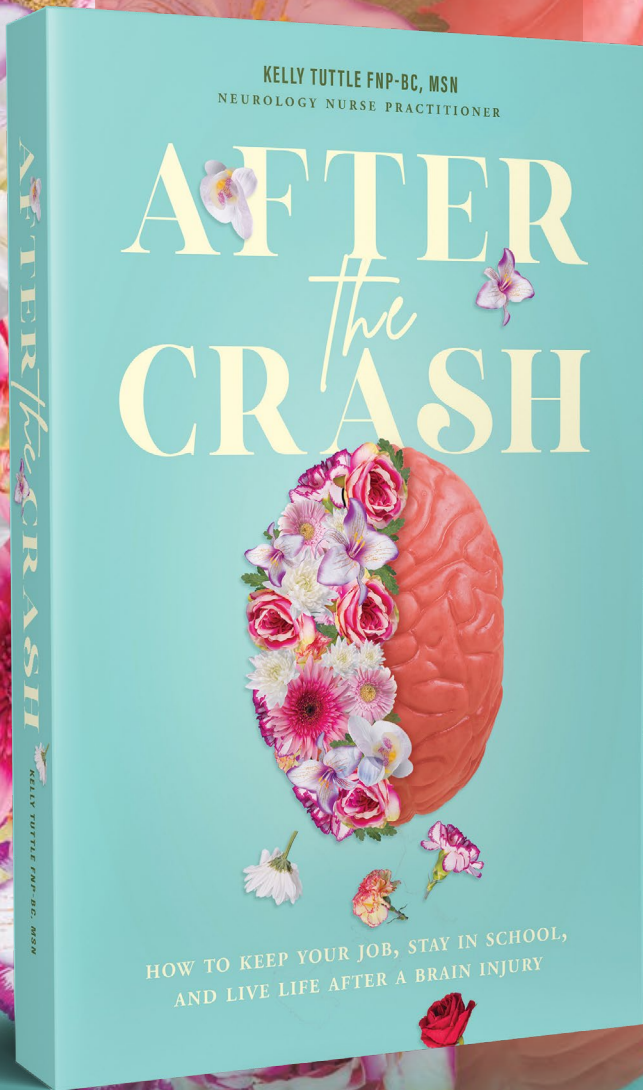


MEDIA KIT



After the Crash is a must-read if you've survived a TBI and plan to continue working and studying despite daily emotional, physical, and cognitive challenges. Get it today and begin to understand your new brain and learn to love the new person you're becoming.

TITLE

AFTER *the* CRASH


HOW TO KEEP YOUR JOB,
STAY IN SCHOOL,
AND LIVE LIFE AFTER A BRAIN INJURY

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TOPICS COVERED INCLUDE



TBI RECOVERY



NEUROLOGY



PERSONAL
HEALTH



BRAIN
PERFORMANCE

ABOUT THE BOOK

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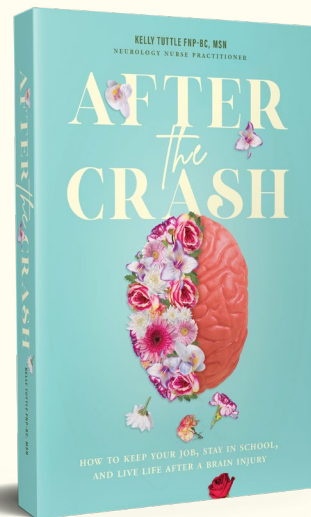
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A traumatic brain injury (TBI) can change your life instantly and leave you feeling as if you're living with a stranger in your head. You've survived a cataclysmic event, but living a normal life again seems impossible. How can you thrive in your day-to-day when healing is a battle?

Neurology nurse practitioner Kelly Tuttle—also a TBI survivor—offers help and hope in her guide, *After the Crash*. Based on her own recovery experiences, Kelly shares strategic steps that will help you keep working, learning, and living life as your brain and body heal. She also provides tips to prevent your livelihood from being devastated by a TBI.

You'll discover

- Surprising strategies and other tools you can use to support brain healing while working and studying.
- Medical symptoms to expect as you recover, including dizziness, fatigue, memory loss, and vision changes.
- How to choose a health care provider or specialist for help with head injury symptoms.
- Six lifestyle tips to promote and sustain brain healing and cognitive function, like getting plenty of sleep and exercise, choosing brain-healthy nutrition, and practicing mindfulness.
- Six steps to help you start living life to the fullest after sustaining a head injury, such as redefining core values.

After the Crash is a must-read if you've survived a TBI and plan to continue working and studying despite daily emotional, physical, and cognitive challenges. Get it today and begin to understand your new brain and learn to love the new person you're becoming.

ABOUT THE AUTHOR

KELLY TUTTLE joined the “head injury survivors club” (as she described it) in 2015, the night another car pulled in front of her as she was driving. It wasn’t until three months later that she realized something was seriously wrong. Kelly’s traumatic brain injury (TBI) marked the beginning of a new life and personal journey of self-rediscovery.

A neurology nurse practitioner, Kelly has a front-row seat to observe patients struggling with many of the same things she experienced in her recovery. She strives to share her coping strategies and tools and help them continue to work and study while they heal. Kelly also wants TBI patients to know there is hope. She got better, and they can too.

Kelly is a member of the California Association for Nurse Practitioners, the California Association of Nurses/National Nurse United, and the Honor Society of Nursing, Sigma Theta Tau International. She earned her master of science in nursing from Gonzaga University and her bachelor of science in nursing from California State University, Fresno.

A longtime martial arts student, Kelly has a second-degree black belt in kenpō karate and a blue belt in Brazilian jujitsu. She is also an obsessed knitter without enough storage space for her yarn and a lover of adult coloring books and pencils.

Learn more at kellytuttle.org.



SAMPLE TOPICS

Talk to Kelly Tuttle about what to expect after a traumatic brain injury, how to cope, and how to get back to living with your personal and professional responsibilities.

- Help and Hope for the TBI Survivor: How to Thrive with Your New Normal
- The Stranger in Your Head: Tools and Strategies to Adapt and Shape Your Life to Your New Brain
- Get Back to Your Life: The 6 Steps Needed to Enter the World Again after a Brain Injury
- You Survived the Crash, Now What? What Medical Symptoms to Expect and Coping Mechanisms to Combat Them
- The Recovery Journal: The Single Most Powerful Tool to Solve the Mysteries of Your Head Injury

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BOOK EXCERPT

Chapter 1: Living with a Stranger

Every day, I live with a stranger inside my head.

At first, I didn't know who she was. I just knew I didn't like her.

She was self-centered, emotionally immature, and easily distracted, and she slept all the time. She was annoyingly unmotivated and disorganized. She couldn't arrive on time to an appointment. She was a jerk who cussed too much, got angry easily, and dominated conversations. She couldn't remember anything and made it hard for me to think straight. On really bad days when I was exhausted and mentally spent, she would whisper to me that I was a stupid failure, reminding me that nothing I did would ever be good enough. She even made me believe that everyone would be better off if I just ended my life.

It took me three months to realize this stranger had hijacked my brain and was distorting my personality and perceptions. It was at this time that I started to reassert control over her. But even then, the stranger did not dissipate, and for a few years, I secretly lived with her feeding me thoughts. Often, I kept this hidden from my family and friends. At first her thoughts were the loud, prominent thoughts of my mind. Fortunately as time passed, these disturbing ideas and cognitions faded as my head injury healed.

Years later, I no longer consider her a stranger.

She is my new brain.

Before we go any further, I want to first say that I'm so sorry you find yourself reading this book if it means you've sustained a head injury and aren't better yet or if you know someone who is struggling to get better.

You are not alone. A Centers for Disease Control and Prevention (CDC) report to Congress in 2015 estimated between 3.2 and 5.3 million people in the U.S. live with disabilities caused by traumatic brain injuries. I So, hello and welcome to the head injury survivors club. Any time you share that you have had a head injury, you might be surprised at how many others have one too and how many others are affected by these people, including co-workers, friends, and loved ones.

I spent years trying to return to my former self without realizing I was never going to be that person again. I was an energetic, goal-driven individual who enjoyed spending time with my family and volunteering. I loved to snowboard, go to concerts, and travel with my husband and two daughters. One of my favorite things to do was hop in my car and spend hours exploring a new beach or town over a weekend. I relished making to-do lists and often created new goals, checking

them off as I accomplished them. I would work all day and then fill my evenings practicing martial arts, having dinner with friends, or attending professional gatherings.

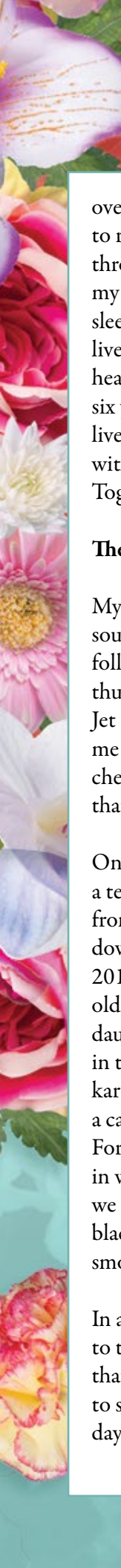
After my head injury, I watched all of my energy, passion, and drive just fly right out the window. Does this sound familiar?

I often wondered, as many do, when I would get "better." I struggled with my short-term memory. I couldn't focus on anything. I drifted through days and didn't accomplish anything, which only worsened my frustration and anxiety.

I'm here to tell you that, after some wrecked relationships, poor decision-making, and months of wondering if I would get better, I crumpled up my life plans and hammered out a balance between my new passions and my residual capabilities. There is hope. I did get better, and you can too.

In this book, you'll find all the tools, strategies, and information that I used not necessarily to "heal" myself but to learn how to adapt. Throughout my process of recovery, I learned how to shape my life to my new brain. I developed tools and strategies that I could use to ensure I was staying on top of my professional and personal responsibilities and wasn't forgetting important deadlines.

In order to do this, I had to



overhaul my entire life. I had to reorganize everything I did throughout my day. I had to change my exercise routine and even my sleep habits. I had to learn how to live with that total stranger in my head. The process took me nearly six years, but it worked. I learned to live with my head injury and deal with the stranger inside my head. Together, we became the new me.

The Car Accident

My story starts with the horrible sound of screeching rubber, followed by the unnatural, thunderous clap of metal. I felt as if Jet Li had simultaneously punched me in the face and kicked me in the chest. The latter were the airbags that saved my life.

Once the smoke cleared, I realized a teenage driver pulled out in front of me while I was driving down a rural road. It was June 23, 2015. At the time, I was 47 years old and the mother of two young daughters. The accident occurred in the evening as I was driving to karate class after leaving work as a cardiology nurse practitioner. Fortunately for both of us, we were in well-made German cars. Though we both survived, my cute little black Mercedes sports car was a smoky, smashed wreck.

In a daze, I declined being taken to the ER by ambulance, thinking that I was okay and would be able to shake this crash off in a few days. I was the type of person who

had no patience for rest and who didn't know what it meant "to take it easy." I would, from that day forward, have to learn.

It wasn't until three months later that I realized something was seriously wrong with me. A friend of mine encouraged me to return to my third-degree black belt training. While there, I found that I struggled when I would try to perform a kata, a series of coordinated martial arts moves that I had performed numerous times in the past. Now I was struggling to even remember the moves. Normally, I would hear my instructor call out the name of a kata, and I would perform it quickly and smoothly, relying mostly on muscle memory. I was surprised to find myself standing there like a deer in the headlights, trying to remember the movements.

When I did remember the moves, I realized that even if I wanted my foot to move forward, my brain would make it step back. I would get frustrated and try to concentrate harder, but this seemed to make my memory freeze up and to make the communication between me and my body worse. To top it off, halfway through the kata, I noticed shortness of breath, and my arms and legs felt weak. I was used to working out for hours, and now I found myself with a pounding headache, neck pain, and exhaustion after only two minutes of training, causing me to become further frustrated.

When I could not return to my martial arts training and failed my third-degree black belt test, it finally clicked. Something was wrong with my brain. Something was wrong with me.

It was the first time I connected my struggles with concentration and fatigue with my head injury. Could this be due to my concussion? How could that be? In my mind, enough time had passed that I felt I should've been recovered from the incident. Later that day, I went home and reread the information I'd found on the internet about recovering from a head injury. I learned that the symptoms I was struggling with were all there, listed in the articles: fatigue, lack of concentration, headaches, and all the others. How could it be that three months after my car accident I was getting worse instead of better?

I was frantic to find information about how to recover from my concussion and was frustrated to find the answers I sought were elusive and not specific to my needs. You may have found, like me, information for military personnel, athletes, kids, teenagers, and other people who have suffered moderate to severe traumatic brain injuries. But where was the information for regular people like me?