

# Every year as many as two million people sustain a head injury that requires treatment.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Lorna Garano, 510-652-0215, x107,lorna@newharbinger.com**

They're called "lucky," and maybe, in relative terms, they are, but that doesn't mean that they've got an easy road to recovery. We're talking about those who've sustained a traumatic head injury that's been classified as "mild." Rare, they certainly aren't. Every year there are as many as two million traumatic head injuries, and according to the Centers for Disease Control, 75 percent of them are mild.

Mild traumatic brain injury (MTBI) can be caused by a blow to the head or the rapid acceleration and deceleration that occurs in a car crash. The symptoms of

MTBI play out in the cognitive, behavioral, emotional, physical, and social realms. Memory loss, depression, impulsivity, headache, and a decreased ability to perform at work or school are just some of the results of MTBI. In *The Mild Traumatic Brain Injury Workbook* neuropsychologist Douglas Mason offers a wealth of interactive exercises to address the neurological aftermath of an MTBI and he offers invaluable information on how to get the best professional help. Here's just some of what readers will find.

- **A lay person's primer on the anatomy and functioning of the brain.** In clear and accessible language Mason demystifies the structure of the brain and explains how MTBI affects various regions of it.
- **Exercises for regaining memory, concentration, visuospatial processing, and strong communication skills.** The include mazes, puzzles, and other games designed to re-sharpen acuity in all of these areas.
- **Information for getting the right care.** Mason gives readers an understanding of what various neurological care providers do and which ones should be on their medical team. He tells them what questions to ask and prepares them for the tests that they are most likely to undergo.
- **Techniques for coping with the emotional aftermath of MTBI.** Depression, anxiety, and low self-esteem often arise with MTBI. Mason gives readers step-by-step skills for combatting them and keeping an even emotional keel in what can be a frightening and difficult journey to recovery.

"Through *The Mild Traumatic Brain Injury Workbook*, **Mason has provided patients and families with an excellent, understandable, and well-written overview of the challenges of mild traumatic brain injury.** His work is based on his experience as the chief neuropsychologist at the Brain Injury Rehabilitation Center, a major rehabilitation facility in the Orlando Regional Healthcare System. Mason has implemented his vast knowledge and expertise in evaluating, testing, and treating adolescents and adults with the entire spectrum of head injuries into **a concise, easy-to-understand, comprehensive self-help manual.**"

—**Stephen J. Rosenberg, MD, FAAN**, director of the Brain Injury Rehabilitation Center at Orlando Regional Sand Lake Hospital

**The Mild Traumatic Brain Injury Workbook:  
Your Program for Regaining Cognitive Function & Overcoming Emotional Pain  
by Douglas J. Mason, Psy.D. ISBN: 1-57224-361-9, \$18.95  
174 pages, Published in October 2004 by New Harbinger Publications  
800-748-6273, www.newharbinger.com**

## About Douglas J. Mason, Psy.D.

Known as The Memory Doctor, **Douglas J. Mason, Psy.D.**, is a neuropsychologist who specializes in the diagnosis and rehabilitation of people with brain injuries and other cognitive disorders. He is currently in private practice in central Florida. He has served on the state of Florida's Brain and Spinal Cord Injury Rehabilitation Counsel and is the author of *The Memory Workbook*. His next book, *The Memory Doctor* will be published in the Spring of 2005. Visit him at [www.memorydr.com](http://www.memorydr.com).

## Suggested Interview Questions

1. What are the criteria for diagnosing a traumatic head injury as "mild," rather than severe? What are some of the common symptoms you see in those who've suffered a mild traumatic brain injury?
2. You have an extensive list of the warning signs of a traumatic brain injury in your book. Can you give us just a few of them?
3. Tell us a little about your work as a neuropsychologist. What does a neuropsychologist do? Is this a new field? Do you work in conjunction with neurologists?
4. Can you give us a lay person's understanding of what happens to the brain after an MTBI and how damage to a particular area causes particular symptoms?
5. We often hear that the "brain is the sexiest organ." What affect can an MTBI have on sexual functioning?
6. What's the difference between selective and divided attention and how are these affected by MTBI?
7. Loss of memory is a common complaint from those with MTBI. Can you give us an overview of how memory functions, how it can be impaired by MTBI, and tell us a little about the different types of memory?
8. You use the phrase "the memory muscle" in *The Mild Traumatic Brain Injury Workbook*. Can memory be strengthened by use the way a physical muscle can be?
9. What are some communication problems you typically see in those with an MTBI and what effect does this have on their lives?
10. You talk about the emotional aftermath of MTBI in your book, specifically about the depression, anxiety, and dip in self-esteem that often occurs. How do you help readers and patients get through the emotional turmoil of MTBI?

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"This book is just a small demonstration of Mason's ability to use research in an effort to help teach professionals about traumatic brain injury and cognitive disorders. I am sure his peers will be interested in this piece of written work, as it contains **credible content that accurately reflects the future of cognitive therapy.**"

—**Paul M. Johns**, director of rehabilitation and brain injury rehabilitation services at the Brain Injury Rehabilitation Center at Orlando Regional Sand Hospital

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