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About Silver Learnings: Practical Wisdom for Living with Brain Injury

Silver Learnings offers 25 lessons from Carole Starr's 25 years of living with brain injury. Neither a medical manual nor a memoir, it's a survivor's guidebook of insights, tested strategies, and gentle encouragement. Short, stand-alone chapters cover coping with brain injury, hard truths, helpful mindsets, accepting a new self, and learning to thrive. Each lesson includes reflection prompts, discussion questions, and next steps, making this book a valuable resource for survivors, support groups, caregivers, and professionals.

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