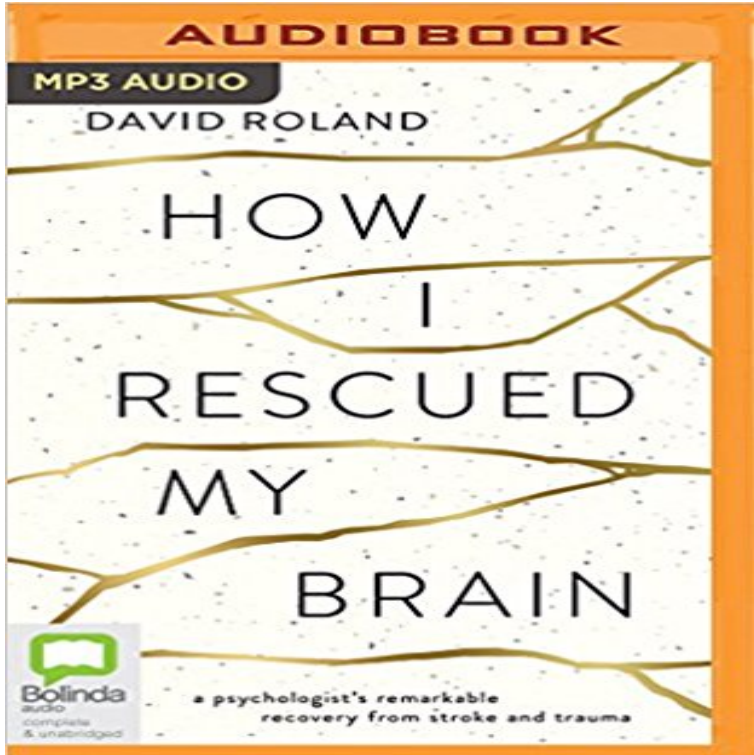


How I Rescued My Brain: A Psychologists Remarkable Recovery from Stroke and Trauma



As a psychologist specializing in court assessments, David Roland often saw the toughest, most heartbreaking cases. The emotional trauma had begun to take its toll?and then the global financial crisis hit, leaving his family facing financial ruin. So when he found himself in a local emergency ward with little idea of where he was or how he got there, doctors wondered if he had had a nervous breakdown?if the strain of treating individuals with mental-health problems had become too much. Eventually they discovered the truth: David had suffered a stroke, which had resulted in brain injury. He faced two choices: give up or get his brain working again. Drawing on the principles of neuroplasticity, David set about re-wiring his brain. Embarking on a search that brought him into contact with doctors, neuroscientists, yoga teachers, musicians, and a Buddhist nun, he found the tools to restore his sense of self: psychotherapy, exercise, music, mindfulness, and meditation. How I Rescued My Brain is the story of Davids neurological difficulties and his remarkable cognitive recovery. It is also an account of a journey to emotional health and well-being. In the tradition of Marc Lewiss *Memoirs of an Addicted Brain* and Jill Bolte Taylors *My Stroke of Insight*, this is an amazing tale of one mans resilience, and his determination to overcome one of the most frightening situations imaginable?the fear that he had lost his mind, and might not get it back.

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