

101 Tips for Recovering from Traumatic Brain Injury

author: Kelly Bouldin Darmofal

2026-06

Synopsis

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inLanguage	english

Kelly Bouldin Darmofal suffered a severe TBI in 1992; currently, she holds a Masters in Special Education from Salem College, NC. Her memoir, *Lost in My Mind: Recovering from Traumatic Brain Injury (TBI)*, tells her story of tragedy and triumph. Kelly will be teaching "TBI: An Overview for Educators" at Salem College. Kelly's "tips" were learned during two decades of recovery and perseverance; they include:

- Ways to avoid isolation and culture shock post-TBI
- Tips for staying organized in the face of instant chaos
- Strategies for caretakers and teachers of TBI survivors
- Life philosophies that reject despair
- How to relearn that shoes must match
- Why one alarm clock is never enough, and
- A breath of humor for a growing population with a "silent illness" - TBI

"Those who suffer from TBI should benefit from Kelly Darmofal's advice. She speaks often of the value of a sense of humor in dealing with TBI symptoms and quotes Viktor Frankl who believed that humor was one of the '...soul's weapons in the fight for self preservation.' I strongly recommend her work." (Dr. George E. Naff, NCC, LPC, Diplomate in Logotherapy)

"Kelly is a wonderful resource about TBI for survivors, caregivers, teachers, and the entire community. The wisdom gained from her own experience makes her believable; the frankness and sense of humor that she reveals as she writes makes her authentic.... Kelly and her publications have become a trusted resource for our clients who are surviving from a TBI." (Barbara Saulpaugh, regional executive director, CareNet Counseling, an affiliate of Wake Forest Baptist Health)

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