



Parenting Myself: Recovery from Traumatic Brain Injury

Earlene Ahlquist Chadbourne

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Parenting Myself: Recovery from Traumatic Brain Injury by Earlene Ahlquist Chadbourne. \$14.95 On August 14, 1990, Earlene Ahlquist Chadbourne went for a casual bicycle ride on a rural road in Saco, Maine. Six days later she woke up in a hospital unable to identify her husband as her husband and incapable of performing many of the skills she had mastered in her former life. All four quadrants of her brain had been injured. Thus began Chadbourne's remarkable journey to regain memory and lost skills. Based on the extensive journals the author kept during the recovery process, Parenting Myself: Recovery from Traumatic Brain Injury is the story of that journey. For anyone whose sense of identity is woven into what they can do, forgetting long-held skills is much like losing one's self. Parenting Myself is the story of skills and a life lost and regained.

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