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# Adam's Fall: Traumatic Brain Injury The First 365 Days



## Synopsis

On a warm summer's evening, while riding his bicycle with his girlfriend down a gentle slope something inexplicable happened. Suddenly, Adam flew over his handle bars, bounced on the street, and crushed the back of his head. TBI "traumatic brain injury. In that moment, as told by his father, Robert V. Bullough, Jr., Adam's life and the life of his family changed forever. Like tens of thousands of other young people who probably rode their bikes that day, Adam was not wearing a helmet. "Adam's Fall" tells a very personal story of a young man's struggle to survive first while in prolonged coma and then to heal and to recover himself. It is a story of the heroic efforts of doctors, nurses and therapists who saved his life and of those who have since supported his healing. But mostly, it is a story of a family facing every parent's worst nightmare, a story of faith and of hope that continues to unfold in often surprising ways.

## Book Information

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## Customer Reviews

I had a great, great friend put his motorcycle down in a horrific crash late one Colorado summer night. I watched first hand his trials, his heroic efforts, his changed life. While I know his parents very

well I never considered what this was all like for them - choosing instead to focus on him. I read this book nine years after my friend's TBI and wished I would have understood this struggle then. While the TBI patient continues to need love, support, prayers and focus I now know that the parents need that kind of love and help too. I think this is a great book to give to those going through this - parents and friends. It will give them hope, it will give them insight and advice, it will give them a sense of this new normal and it will help them to help all involved. Wonderful book.

This is a lovely account, mostly in the form of letters from a father to his son who suffers a freak traumatic brain injury while cycling. In the beginning it is fairly clear that Adam isn't likely to live. He does. This book chronicles his and his family's journey through a true maze. Not only did they have to worry about Adam, but manipulative insurance billers and the type of stuff we may experience on a different scale. Adam's father maintains his son's dignity as much as is reasonable to do so. This book was a tear jerker. A tear jerker not because it is always sad, but because the feelings of all parties are palpable. The reader is taken on the roller-coaster ride along with the family and friends. Make sure your seatbelt is secure and read on. There were setbacks to cry over and plenty of victories to perhaps cry even harder over! I spent most of the book with a continuous supply of goosebumps. Honest and incredibly moving! High praise is warranted!

As parents living along side our children, we focus on the events of the moment and try to envision their futures in terms of health, happiness, and accomplishment. However, even as we imagine and hope for our children's futures, life can change in an instant. Such is the story chronicled in a series of daily letters written to Adam by his father after he suffered a traumatic brain injury. In the letters Bullough shares intimate insights into the daily routines, sorrows, disappointments, miracles, and joys of victims and families affected by traumatic brain injury. After the ordeal of not knowing if Adam would live or what his prognosis would be, Bullough acknowledges that the road to recovery from TBI is long not only for the victim, but also the family. The importance of family and faith, and the power of hope are messages that permeate this book that other TBI victims, their loved ones, and their care givers can find encouraging as they manage the challenges that they face.

My partner Kare Kozawa suffered a Brain Aneurysm two weeks before Adam's accident. They were at Mission Hospital together. What a beautiful book Bob has created for his son and the world to read. I know the story as Adam and My Karen followed the same Traumatic Brain Injury Protocol. Two miracles. Bob's book will bring you to tears and then allow you to cheer for the doctors, nurses,

family and Adam who all worked hard to save these lives. A must read. Hugs... Susan Davis

I have read numerous books on Traumatic Brain injury, and this is one of the best told from a families view. Sometimes it felt so familiar it was uncomfortable to read and experience. It is real, raw, and helpful to show families what may be ahead of them during their very long family journey. Every single Brain injured person is different but there are also many constants. The fear each time we walked into the hospital because we didn't know whether it was a good day, a bad day, or sometimes just a boring day when we were grateful that at least nothing bad happened. The insane struggle with billing departments, disability, insurance, programs and procedures that are covered and those that are not....unless you figure out the confusing, contradictory, and sometimes secret regulations and procedures. I also think the frustration felt by the survivor and the family when dealing with all the emotions is important. Not only has their lives changed forever, but so has everyone that loves them. We are only two months post accident and haven't progressed as far as Adam and his family and I only can hope and pray we are as patient and kind.

I am doing some research on TBI & was amazed at the depth of detail and feeling that went into the telling of this story. It had to be profoundly difficult, painful at times, and hopeful at other times living this chapter of their lives out. I am grateful that there are people out there who are willing to tell their stories so that others may benefit. A must read if you find yourself caring for a loved one with TBI.

If I could give this book 10 stars, I would. Mr. Bullough's recap of his son's traumatic brain injury provides an extraordinary insightful, honest, beautiful story of hope and perseverance. As a speech-language pathologist, this story provided me with a new, unique opportunity to personally understand the thoughts of my patients' families and how I can be a better form of support. Mr. Bullough does an incredible job of telling not only Adam's story, but the overall story of how brain injury affects all involved. I HIGHLY recommend this book. I believe survivors of brain injury, caregivers/family/friends of people with brain injury, professionals, students, or really anyone in the general public would benefit from learning the Bullough's story and further their understanding of brain injury.

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