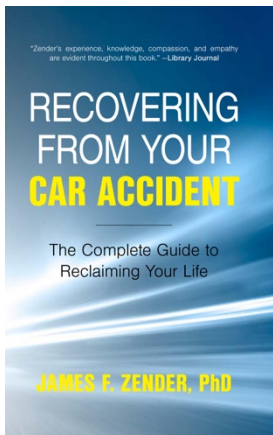


# Recovering From Your Car Accident

## The Complete Guide to Reclaiming Your Life



*"Drawing from his 30 years of experience as a clinical and forensic psychologist, Zender presents a guide for recovering, both physically and emotionally, from a car accident, whether as a driver or a passenger. He also provides guidance for those caring for family or friends who have been injured in an accident . . . Zender's experience, knowledge, compassion, and empathy are evident throughout this book." — Library Journal*

**This is the first book to offer comprehensive, evidence-based information on how to overcome the physical and emotional traumas sustained in auto accidents.**

An insightful guide for both survivors and their caregivers to successfully navigate through injury recovery and rebuild their lives. With empathy and compassion, Dr. Zender explains how to conquer the multitude of challenges that often result from auto accidents, including managing pain, depression, and anxiety, addressing concerns about the future and finances, personality changes, emotional and cognitive dysfunction, post-traumatic stress, traumatic brain injury, and strained personal relationships.

**Dr. James F. Zender** is a clinical psychologist, certified brain injury specialist and certified traumatologist. His *Psychology Today* blog, *The New Normal*, made *Heathline's* List of best traumatic brain injury blogs of 2019. Zender was the founding director of The Center for the Prevention and Treatment of Psychological Trauma at Detroit Receiving Hospital and University Health Center and was a full time Affiliate Instructor in Psychiatry at The Wayne State University School of Medicine. For the past 15 years, his private practice in the Detroit Metro area has focused on vehicular trauma injury recovery. He has lectured at the The World Psychiatric Association, Harvard Medical School, The International Society of Traumatic Stress Studies, and The American Psychological Association.

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