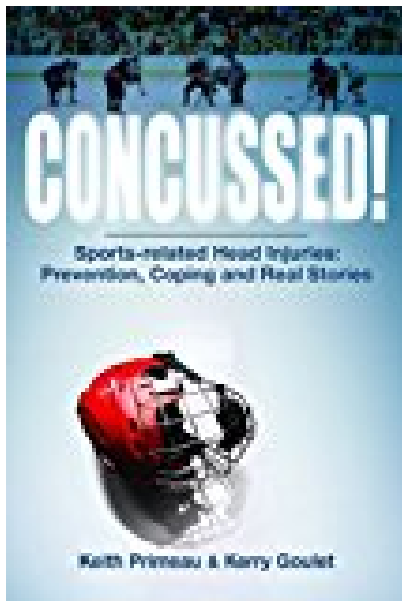


Concussed! Sports-Related Head Injuries Prevention Coping and Real Stories



BOOK DETAILS

- Author : Keith Primeau
- Pages : 256 Pages
- Publisher : OverTime
- Language : English
- ISBN : 1897277741

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BOOK SYNOPSIS

NHL star Keith Primeau and Kerry Goulet, a former star player in the German Hockey League, have made it their lifelong journey to educate parents, coaches and players about how even one concussion can have serious physical and mental effects. They have great advice on how to cope with sports-related head injuries in children and youth, with tips on symptoms to look for, what to do when you suspect a concussion, guidelines for return to play and the possible long-term effects. Read Keith's story about "Living with a Concussion" as well as the true stories of athletes and families who are living daily with the effects of being concussed.

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