

**Celebrating Success after a Brain Injury  
Video Presentations e Book**



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## Introduction

Following a brain injury, an individual's abilities and capabilities may have changed. What once came naturally to them, may now be a struggle. As a result, celebrating the success once gained through those abilities and capabilities may be out of reach. As a consequence, individuals living with brain injuries may be led to believe that their efforts are not worth celebrating. But that is simply not the case. Although abilities and capabilities may change, individuals living with brain injuries and adversity can begin to celebrate great successes.

**“I am only one, but still I am one. I cannot do everything, but still, I can do something; and because I cannot do everything, I will not refuse to do something that I can do.”**

**Helen Keller**

For many years I lived in denial to how my traumatic brain injury impacted my life. Nevertheless, I ran into one wall after another wall. Facing these walls minimized the gains that I made in my efforts to succeed in my life. In response, I had a difficult time celebrating what I had accomplished in my attempt to succeed. When I reached a point in time that I could no longer deny my reality, I realized that I needed to change how I measured success. I began to realize that the process and the journey were more important than the destination.

What I discovered along the way, was that I needed to stop putting a judgment on my efforts. I discovered that I needed to stop berating myself for what I could not do and begin to discover ways that would work for me. Ways, in which I could begin to celebrate the success that I was making through my efforts. Through my process and my journey I discovered several lessons and share what I learned through articles on Second Chance to Live. To make the information available to individuals who learn through watching and listening I create video presentations.

## Video Presentations

In this video presentations e Book, I have compiled a list of video presentations. A list of video presentations in which I share what has and continues to help me to celebrate success. The success that I am making, which is some times slowly, but most times steadily. As you watch the video presentations, offered through the table of contents, and questions come to mind, please send those questions to me. All questions are good questions and are welcomed, my friend. You may send your questions to my email address: [secondchancetolive1@yahoo.com](mailto:secondchancetolive1@yahoo.com).

**“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” Albert Schweitzer**

## **Back Ground**

I sustained an open skull fracture and a traumatic brain injury in an automobile accident when I was 10 years old in 1967. In 1967 there was very little known about traumatic brain injury, nor about the rehabilitation or recovery process after a brain injury. Consequently, after my external wounds healed and I was able to teach myself how to walk, talk, read, write and speak in complete sentences the impact of my brain injury became invisible. Consequently, the impact of the injury to my brain injury was never again discussed or considered.

As share in my [About Page](#) on Second Chance to Live, I navigated through educational pursuits and employment settings. In these pursuits, my efforts resulted in disappointment. One such disappointment occurred while working as a masters degree rehabilitation counselor with the Department of Vocational Rehabilitation (DVR) in Florida. Because of difficulties working on the job, and my disclosure of having experienced a traumatic brain injury, I was made a client of the DVR, while still working a VOC rehab counselor with DVR.

After being terminated as a VOC rehab counselor with DVR I completed the evaluation process. After completing the process and a work evaluation I had an unsuccessful job placement which resulted in my being terminated as a client of DVR in Florida. After being terminated as a client, I remained in denial and found myself hired and fired from different jobs. In seeking to work as a certified rehabilitation counselor, I applied to several positions in North Carolina. After being recruited and moving to North Carolina I was fired 4 months later.

After being terminated from the job I applied a 3<sup>rd</sup> time for SSDI benefits and for services with the Department of Vocational Rehabilitation here in North Carolina. After completing the evaluation process, my DVR counselor deemed me to be unemployable. Not long after being deemed to be unemployable, my 3<sup>rd</sup> application for SSDI was approved in 1999. After being deemed to be unemployable and declared disabled, I was both relieved and despondent. Relieved from the financial insecurity, but despondent that I could not celebrate my success.

But I am glad that I did not give up. I am glad that I kept searching for a way to use what I had diligently applied myself to achieve through my academic and vocational pursuits. I am glad that I stuck with the process to discover how I could empower my ability to celebrate success.

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## **What's Holding You Back?**

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## **Are You Living Your Truth**

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## **Living Our Destiny Beyond the “Box” of Employment**

**[Brain Injury — Living Our Destiny Beyond the “Box” of Employment Video Presentation](#)**

## **Creating after Brain Injury**

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## Dependence or Independence?

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## **Brain Injury, the Olympic Games Rio 2016 and Not Giving Up!**

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## **Traumatic Brain Injury and Resilience**

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## **Traumatic Brain Injury and Transition**

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**Neuroplasticity, Mus**

**cle Memory, Coordination, Agility and Creating Hope**

**[Neuroplasticity, Muscle memory, Coordination, Agility and Creating Hope Video Presentation](#)**Achieving Goal****

## **Overcoming Adversity – The Obstacle in Our Path – Changing Our Perspective**

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