

Concussions And Our Kids Americas Leading Expert On How To Protect Young Athletes And Keep Sports Safe

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Love, Zac

From concussion doctors pushing “science” that benefits their hidden business interests to lawyers clamoring for billion-dollar settlements in scam litigation, America’s game has become so big that everybody wants a cut. And those chasing the dollars show themselves more than willing to trash a great sport in hot pursuit of a buck. Everything they say about football is wrong. Football players don’t commit suicide at elevated levels, die younger than their peers, or suffer disproportionately from heart disease. In fact, professional players live longer, healthier lives than American men in general. More than that, football is America’s most popular sport. It brings us together. It is, and has been, a rite of passage for millions of American boys. But fear over concussions and other injuries could put football on ice. School districts are already considering doing away with football as too dangerous. Parents who used to see football as character-building now worry that it may be mind-destroying. Even the president has jumped on the pile by fretting that he might prevent a son from playing if he had one. But as author Daniel J. Flynn reports, football is actually safer than skateboarding, bicycling, or skiing. And in a nation facing an obesity crisis, a little extra running, jumping, and tackling could do us all good. Detailing incontrovertible fact after incontrovertible fact, *The War on Football: Saving America’s Game* rescues reality from the hype—and in doing so may just ensure that football remains America’s game.

The Most Expensive Game in Town

Explores the experience of one young man and the concerns about CTE he helped to illuminate, and the cultural allure of football in America that keeps boys trying to make the team despite the dangers Award-winning journalist Vicki Mayk raises a critical question for football players and their communities: does loving a sport justify risking your life? This is the insightful and deeply human story of Owen Thomas--a star football player at Penn, who took his own life when he was 21, the

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result of the pain and anguish caused by chronic traumatic encephalopathy (CTE). It was Owen's landmark case which demonstrated that a player didn't need years of head bashing in the NFL, or even multiple sustained brain concussions, to cause the mind-altering, life-threatening, degenerative disease known as CTE. And Owen's case could not have come to light without Dr. Ann McKee, the neuropathologist who bucked conventional wisdom, and the football establishment, as she examined Owen's brain and its larger significance, building an ever-stronger case that said, at the very least, football should not be played by children under the age of 14. With its focus on a single life and the community touched by it--Owen's family, his teammates and friends, his teachers and coaches, and, later, Dr. McKee--*Growing Up on the Gridiron* explores the place of football in our lives. It doesn't make a heavy-handed argument to abandon the sport. Rather, it explores why football matters so deeply to many young men, and why they continue to take risks despite the evidence of serious, long-term harm.

The Blood Sugar Solution Cookbook

Dr. Omalu provides answers to parents who fear that contact sports might cause injuries that have long-term effects. Should your child play football, ice hockey, mixed martial arts, boxing, wrestling, rugby, gymnastics, soccer, lacrosse, BMX bike riding, trampoline jumping and gymnastics or other sports? This book will help you answer this question, for only you, the parent can answer this question. But after you have read the last page of this book, it will be a very easy question for you to answer. The simplicity of the truth can even be more fantastic and more beautiful than football or any other sport. Dr. Omalu has received phone calls, e-mails, text and social media messages from thousands of parents reaching out to him from across the world for help-asking the same questions: "Should my son continue to play rugby after his last concussion six months ago?" "I do not want my daughter to play soccer but she loves it so much, what should I do?" "Are concussions permanent brain damage?" "Is it true that helmets can cause brain damage?" "My son never suffered any brain injury while he played but did ice hockey cause his depression, diminishing intelligence and drug abuse?" "Was my son's suicide caused by football?" "If my child shouldn't play football or ice hockey, can I let him play lacrosse or soccer?"

The Ghost in My Brain

So often we fall into the trap of confusing what we do with who we are. We see our vocational calling as the most important thing about us, while our faith calling takes a back seat. And that can wreak havoc on our bodies, our souls, and our relationships. *Called Out* is a deeply personal book from Paula Faris, the beloved on-air reporter for ABC News and former coanchor of Good Morning America Weekend and The View. It shares her journey through conquering the fears that nearly kept her from the high-profile, high-stakes world of broadcast journalism, and then the dangers when that world threatened to consume her. She faced public humiliation, physical breakdowns, and family struggles, while all along the way God gently reminded her of her true purpose in him. Paula discovered how easy it is to lose sight of who we are as people of God. Today she is the host of ABC's highly successful podcast *Journeys of Faith*, which leans into both her vocational calling and her faith calling. Written with passion and conviction, this book reflects on

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what it truly means to be called, how to move past the fear holding you back, and how to walk in God's path for you.

Concussion

One day in 2002 the fifty-year old body of former Pittsburgh Steeler and hall of famer Mike Webster was laid on a cold table in front of pathologist Dr. Bennet Omalu. Webster's body looked to Omalu like the body of a much older man, and the circumstances of his behavior prior to his death were clouded in mystery. But when Omalu cut into Webster's brain, it appeared to be normal. Something didn't add up. It was at this moment, Omalu studying slides of Webster's brain tissue under a microscope, that the world of contact sports would never be the same: the discovery of Chronic Traumatic Encephalopathy. CTE can result in an array of devastating consequences including deterioration in attention, memory loss, social instability, depression, and even suicide. And Omalu's discovery of CTE in the brain of an American football player has become the catalyst of a blazing controversy across all contact sports. At the center of that controversy stands the unlikely Dr. Bennet Omalu, a Nigerian-born American citizen, a mild-mannered, gentle man of faith. It is fascinating that it would take someone on the outside of American culture to make this amazing discovery, and refuse to let it be kept hidden. Dr. Omalu began his life in strife, growing up in war-torn Nigeria. But his medical studies in forensic pathology proved to be a lifeline. It fed his natural curiosity and awakened within a deeper desire to always search for the truth. Who would have thought that such an unexpected character would play such a role in bringing to life this world-changing data? In *Truth Doesn't Have a Side*, discover the truth about CTE: Its causes and symptoms, how we might keep our children safe and guide professional athletes when CTE sets in. The problem of CTE is coming to light with each new story about an athlete's concussion problem, and we are likely facing dramatic changes to professional sports. You'll be inspired by Dr. Bennet Omalu a man driven by his love and concern for the welfare of all people, and his professional vow to speak the truth.

The UltraSimple Diet

The chilling truth is that his story could have been mine. The tragedy is that my story could have been his. Two kids named Wes Moore were born blocks apart within a year of each other. Both grew up fatherless in similar Baltimore neighborhoods and had difficult childhoods; both hung out on street corners with their crews; both ran into trouble with the police. How, then, did one grow up to be a Rhodes Scholar, decorated veteran, White House Fellow, and business leader, while the other ended up a convicted murderer serving a life sentence? Wes Moore, the author of this fascinating book, sets out to answer this profound question. In alternating narratives that take readers from heart-wrenching losses to moments of surprising redemption, *The Other Wes Moore* tells the story of a generation of boys trying to find their way in a hostile world. **BONUS:** This edition contains a new afterword and a *The Other Wes Moore* discussion guide. Praise for *The Other Wes Moore* "Moving and inspiring, *The Other Wes Moore* is a story for our times."—Alex Kotlowitz, author of *There Are No Children Here* "A tense, compelling story and an inspirational guide for all who care about helping young people."—Juan Williams, author of *Enough* "This should be required reading for

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anyone who is trying to understand what is happening to young men in our inner cities.”—Geoffrey Canada, author of *Fist Stick Knife Gun* “The Other Wes Moore gets to the heart of the matter on faith, education, respect, the hard facts of incarceration, and the choices and challenges we all face. It’s educational and inspiring.”—Ben Carson, M.D., author of *Gifted Hands* “Wes Moore is destined to become one of the most powerful and influential leaders of this century. You need only read this book to understand why.”—William S. Cohen, former U.S. senator and secretary of defense “This intriguing narrative is enlightening, encouraging, and empowering. Read these words, absorb their meanings, and create your own plan to act and leave a legacy.”—Tavis Smiley, from the Afterword

The King of Sports

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. *Sports-Related Concussions in Youth: Improving the Science, Changing the Culture* reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. *Sports-Related Concussions in Youth* finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to *Sports-Related Concussions in Youth*, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

Growing Up on the Gridiron

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Building on the eye-opening investigation into the damaging effects of the ultra-competitive culture of youth sports in his previous book, *Until It Hurts*, Mark Hyman's new book looks at the business of youth sports, how it has changed, and how it is affecting young Americans. Examining the youth sports economy from many sides--the major corporations, small entrepreneurs, coaches, parents, and, of course, kids--Hyman probes the reasons for rapid changes in what gets bought and sold in this lucrative marketplace. Just participating in youth sports can be expensive. Among the costs are league fees, equipment, and perhaps private lessons with a professional coach. With nearly 50 million kids playing organized sports each year, it is easy to see how profitable this market can be. Hyman takes us to tournaments sponsored by Nike, Gatorade, and other big businesses, and he talks to parents who sacrifice their vacations and savings to get their (sometimes reluctant) junior stars to these far-off, expensive venues for a chance to shine. He introduces us to videos purporting to teach six-month-old babies to kick a ball, to professional athletes who will "coach" an eight-year-old for a hefty fee, to a town that has literally staked its future on preteen sports. With its extensive interviews and original reporting, *The Most Expensive Game in Town* explains the causes and effects of the commercialization of youth sports, changes that the author argues are distorting and diminishing family life. He closes with strong examples of individuals and communities bucking this destructive trend.

The Concussion Crisis in Sport

The evolution of how the NFL is marketed as entertainment rather than sport is detailed in a study that looks closely at the development of the sport and its unique place in American life.

Ahead of the Game

From the untimely deaths of young athletes to chronic disease among retired players, roiling debates over tackle football have profound implications for more than one million American boys—some as young as five years old—who play the sport every year. In this book, Kathleen Bachynski offers the first history of youth tackle football and debates over its safety. In the postwar United States, high school football was celebrated as a "moral" sport for young boys, one that promised and celebrated the creation of the honorable male citizen. Even so, Bachynski shows that throughout the twentieth century, coaches, sports equipment manufacturers, and even doctors were more concerned with "saving the game" than young boys' safety—even though injuries ranged from concussions and broken bones to paralysis and death. By exploring sport, masculinity, and citizenship, Bachynski uncovers the cultural priorities other than child health that made a collision sport the most popular high school game for American boys. These deep-rooted beliefs continue to shape the safety debate and the possible future of youth tackle football.

Brain Damage in Contact Sports

Be All In

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This book presents a comprehensive, team-based model for assessment and treatment of concussion.

Called Out

Offers an accelerated program designed to help readers lose weight quickly and keep it off, in a guide that features menus, exercise routines, and stress reduction techniques.

Concussions and Our Kids

Is sport good for kids? When answering this question, both critics and advocates of youth sports tend to fixate on matters of health, whether condemning contact sports for their concussion risk or prescribing athletics as a cure for the childhood obesity epidemic. *Child's Play* presents a more nuanced examination of the issue, considering not only the physical impacts of youth athletics, but its psychological and social ramifications as well. The eleven original scholarly essays in this collection provide a probing look into how sports—in community athletic leagues, in schools, and even on television—play a major role in how young people view themselves, shape their identities, and imagine their place in society. Rather than focusing exclusively on self-proclaimed jocks, the book considers how the culture of sports affects a wide variety of children and young people, including those who opt out of athletics. Not only does *Child's Play* examine disparities across lines of race, class, and gender, it also offers detailed examinations of how various minority populations, from transgender youth to Muslim immigrant girls, have participated in youth sports. Taken together, these essays offer a wide range of approaches to understanding the sociology of youth sports, including data-driven analyses that examine national trends, as well as ethnographic research that gives a voice to individual kids. *Child's Play* thus presents a comprehensive and compelling analysis of how, for better and for worse, the culture of sports is integral to the development of young people—and with them, the future of our society.

Chronic Traumatic Encephalopathy

An expert on the head trauma crisis in sports provides a guide to concussions in youth sports -- what they are, how to treat them and how to protect young athletes. 30,000 first printing.

Ultrametabolism

Everybody involved in sport, from the bleachers to the boardroom, should develop an understanding of ethics. Sport ethics prompt discussion of the central principles and ideals by which we all live our lives, and effective leadership in sport is invariably ethical leadership. This fascinating new introduction to sport ethics outlines key ethical theories in the context of sport as well as the fundamentals of moral reasoning. It explores all the central ethical issues in contemporary sport: from violence, hazing, and gambling to performance enhancement, doping, and discrimination. This book not only investigates the ethical, social, and legal

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underpinnings of the most important issues in sport today, but also introduces the reader to the foundations of ethical leadership in sport and discusses which leadership strategies are most effective. Each chapter includes original real-world case studies, learning exercises, and questions to encourage students to reflect on the ethical problems presented. *Sport, Ethics and Leadership* is an essential resource for any course on sport and leisure studies, the ethics and philosophy of sport, or sport and leisure management.

The War on Football

A new field of medicine is emerging, Concussionology, and it has massive consequences on the health and welfare of athletes' livelihood. This guidebook provides basic training for athletes, parents and coaches as well as more in-depth training of concussions for athletic trainers, and other medical professionals. In *Concussionology*, Dr. Harry Kerasidis:

- Outlines his own clinical-caliber concussion protocol
- Reveals who is more vulnerable to concussions
- Gives requirements for concussion baseline tests
- Provides neurological basics about the brain, injury and behavior
- Offers practical steps to handling concussions, and more

What they're saying "a full, all inclusive approach to the management of sports related concussions." —Dr. Alan Ashare, USA Hockey, Board of Director "Dr. Kerasidis is forward-thinking intellectually brilliant. This book is a reflection of that genius: straightforward, smart and leading-edge." —Erin Sharoni, National TV Sports Personality "Dr. Kerasidis explains the brain in user-friendly terms, including how it functions normally and how it responds in concussion. This book is a clear call to action for players, parents, coaches, and loved ones." —Theodore Henderson, MD, PhD Child, Adolescent, and General Psychiatry "Dr. Kerasidis expertise in concussions and concussion management has taught me what I need to know and helped me become a better athletic trainer and implement a first class concussion management program." — Stephanie Guzzo, Assistant Athletic Trainer, St. Mary's College of Maryland

Back in the Game

Soccer star and Olympic gold medalist Christie Pearce Rampone and sports neuropsychologist Dr. Kristine Keane share the best practices that athletes, parents, and coaches can use to turn the lessons learned through sports into lifelong skills. Sports offer a vital path for children to get healthy, self-confident, and social. In *Be All In*, three-time Olympic gold medalist, World Cup Champion, and US team captain Christie Pearce Rampone and sports neuropsychologist and brain health expert Dr. Kristine Keane offer practical, real world advice on how to handle the pressures felt by youth athletes, parents, and coaches today and provide kids with their best shot at reaching their dreams. In contrast to outdated adages like "no pain, no gain," the ethos of "be all in" is about being authentically present in everything you do, on and off the field. Through a unique blend of neuroscience, parenting strategies, and wisdom gleaned from the extraordinary experiences of a world-class athlete, this transformative book explains how to create realistic expectations for kids, help them succeed in all aspects of their life, improve game day performance, and reduce the stress of dealing with their coaches, ambitions, and losses. With invaluable insight into parenting behaviors that may derail children's performance despite best intentions, and concrete

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strategies for teaching accountability, confidence, self-efficacy, and resiliency, this fundamental guide has tips to support athletes of any age, sport, or level of competition.

Children with Traumatic Brain Injury

Using his year-long insider access to the Virginia Tech football program and extensive interviews with current and former college and pro-football players and coaches, the author of the ESPN.com blog "Tuesday Morning Quarterback" tackles football's place in American society. 75,000 first printing.

Truth Doesn't Have a Side

The dramatic story of one man's recovery offers new hope to those suffering from concussions and other brain traumas In 1999, Clark Elliott suffered a concussion when his car was rear-ended. Overnight his life changed from that of a rising professor with a research career in artificial intelligence to a humbled man struggling to get through a single day. At times he couldn't walk across a room, or even name his five children. Doctors told him he would never fully recover. After eight years, the cognitive demands of his job, and of being a single parent, finally became more than he could manage. As a result of one final effort to recover, he crossed paths with two brilliant Chicago-area research-clinicians—one an optometrist emphasizing neurodevelopmental techniques, the other a cognitive psychologist—working on the leading edge of brain plasticity. Within weeks the ghost of who he had been started to re-emerge. Remarkably, Elliott kept detailed notes throughout his experience, from the moment of impact to the final stages of his recovery, astounding documentation that is the basis of this fascinating book. *The Ghost in My Brain* gives hope to the millions who suffer from head injuries each year, and provides a unique and informative window into the world's most complex computational device: the human brain.

League of Denial

The underbelly of the National Football League: a rare insider's look into the world of arthritis, dementia, and suicide.

Child's Play

Concussion has become one of the most significant issues in contemporary sport. The life-changing impact of head injury and the possible threat that chronic traumatic encephalopathy poses to children and young athletes in particular is calling into question the long-term future of some of our most well-established sports. But what are the real issues behind the headlines and the public outcry, and what can and should be done to save sport from itself? This concise, provocative introduction draws on perspectives from sociology, medicine, ethics, psychology, and public health to answer these questions and more. The book explores the context in which the current cultural crisis has emerged. It assesses the current state of biomedical knowledge; the ethics of regulating for brain injury; the contribution of the social sciences to understanding the behaviour of sports

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participants; and the impact of public health interventions and campaigns. Drawing on the latest research evidence, the book explores the social roots of sport's concussion crisis and assesses potential future solutions that might resolve this crisis. This is essential reading for anybody with an interest in sport, from students and researchers to athletes, coaches, teachers, parents, policy-makers, and clinicians.

Kids, Sports, and Concussion: A Guide for Coaches and Parents, 2nd Edition

Describes how the fateful selling of Babe Ruth to the hated New York Yankees in 1920 marked the beginning of an eighty-year streak of bad luck for the Red Sox, in a new anniversary edition of the acclaimed, anecdotal baseball history, updated through the 2003 season. Reprint.

Game On

This is a comprehensive, must-have reference that provides parents with the support and information they need to help their child recover from a closed-head injury and prevent further incidents. Coping with traumatic brain injury (TBI) involves a complex process of readjustment to the changes in a once healthy child and affects everyone in the family. Traumatic brain injury occurs when the brain abruptly and violently moves within the skull as a result of extreme force to the head during an automobile, biking, or playground accident, for example. The effects of TBI can range from mild to severe and recovery can take from weeks to years. Although each child's condition is unique, all TBI patients experience impairment in one or more of the following areas: cognition; emotion/behaviour; and motor skills. While TBI can happen to anyone, children, particularly teens, are susceptible. And, children who have already had one TBI are at greatest risk. Written by a team of medical specialists, therapists, educators, and an attorney, the book covers: what is traumatic brain injury?; medical concerns; rehabilitation and treatments; coping and adjustment; effects on learning and thinking, speech and language, and behaviour; educational needs; and legal issues. Throughout the book, a case study of a boy who was injured at age eight, illustrates the effects of TBI on education, socialisation and independence. Parent statements at the end of each chapter attest to the variety of response families have, and offer insight about the experience of raising a child with TBI. A resource guide of support and advocacy organisations, a reading list, and glossary round out this authoritative guide. This book is useful to professionals who provide services to children with TBI and their families. General and special educators will find it essential reading to help their students with TBI. But most of all, the book gives parents the hope and facts they need to improve the outcome of their child's recovery.

Until it Hurts

Presents an eight-week plan for weight loss that can be tailored to individual needs, examines common myths that thwart weight loss, and includes recipes that aid in detoxifying and balancing the metabolism.

Concussion

An assessment of the damaging nature of ultra-competitive youth sports considers the consequences of high-pressure athletics on children and their families and traces the author's investigations into youth athletic clubs and associations throughout the country.

Sport, Ethics and Leadership

NEW YORK TIMES BESTSELLER • Now a major motion picture starring Will Smith, *Concussion* is the riveting, unlikely story of Dr. Bennet Omalu, the pathologist who made one of the most significant medical discoveries of the twenty-first century, a discovery that challenges the existence of America's favorite sport and puts Omalu in the crosshairs of football's most powerful corporation: the NFL. Jeanne Marie Laskas first met the young forensic pathologist Dr. Bennet Omalu in 2009, while reporting a story for *GQ* that would go on to inspire the movie *Concussion*. Omalu told her about a day in September 2002, when, in a dingy morgue in downtown Pittsburgh, he picked up a scalpel and made a discovery that would rattle America in ways he'd never intended. Omalu was new to America, chasing the dream, a deeply spiritual man escaping the wounds of civil war in Nigeria. The body on the slab in front of him belonged to a fifty-year-old named Mike Webster, aka "Iron Mike," a Hall of Fame center for the Pittsburgh Steelers, one of the greatest ever to play the game. After retiring in 1990, Webster had suffered a dizzyingly steep decline. Toward the end of his life, he was living out of his van, tasing himself to relieve his chronic pain, and fixing his rotting teeth with Super Glue. How did this happen?, Omalu asked himself. How did a young man like Mike Webster end up like this? The search for answers would change Omalu's life forever and put him in the crosshairs of one of the most powerful corporations in America: the National Football League. What Omalu discovered in Webster's brain—proof that Iron Mike's mental deterioration was no accident but a disease caused by blows to the head that could affect everyone playing the game—was the one truth the NFL wanted to ignore. Taut, gripping, and gorgeously told, *Concussion* is the stirring story of one unlikely man's decision to stand up to a multibillion-dollar colossus, and to tell the world the truth. Advance praise for *Concussion* "A gripping medical mystery and a dazzling portrait of the young scientist no one wanted to listen to . . . a fabulous, essential read."—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks* "The story of Dr. Bennet Omalu's battle against the NFL is classic David and Goliath stuff, and Jeanne Marie Laskas—one of my favorite writers on earth—makes it as exciting as any great courtroom or gridiron drama. A riveting, powerful human tale—and a master class on how to tell a story."—Charles Duhigg, author of *The Power of Habit* "Bennet Omalu forced football to reckon with head trauma. The NFL doesn't want you to hear his story, but Jeanne Marie Laskas makes it unforgettable. This book is gripping, eye-opening, and full of heart."—Emily Bazelon, author of *Sticks and Stones* From the Trade Paperback edition.

Brainwashed

A guide to sports-related concussions addresses the inability of mouth guards and helmets to prevent concussions, the impact of head injuries on school performance

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and emotional behavior, and state concussion laws.

The Concussion Crisis

The word concussion was unheard of in youth sports a decade ago. The injury was indeed occurring, but youth athletes were often told to "shake it off" after "getting their bell rung". Science and increased awareness about concussion and brain health have transformed the way youth parents, coaches, and players pursue athletics. Fear of incurring concussions, as well as incomplete or incorrect information, is leading some parents to keep their children out of contact sports, such as football and soccer, where concussion is more prevalent. Back in the Game: Why Concussion Doesn't Have to End Your Athletic Career does not dwell on perpetuating fears but, rather, provides the most up-to-date understanding of the condition. This is a real-world discussion of what science and medicine know, what parents and coaches need to understand about concussion, evaluation and treatment, and what possible post-concussive issues exist. The expertise and experiences of noted sports neurologist Jeffrey S. Kutcher, MD, along with reporting and interviews by award-winning sports journalist Joanne C. Gerstner, make this book a timely, relevant, and real discussion about concussions in youth sports. Athletes and professional coaches who have participated in the formation of this book include two-time Olympic gold medalist soccer player Kate Markgraf, former NHL/Team Canada head coach Andy Murray, champion X-Games snowboarder Ellery Hollingsworth, along with an array of youth parents, coaches, and athletes from across the country.

The Curse of the Bambino

Looks at the hyper-competitive world of contemporary youth sports and the ways that the overly dedicated approach to child athlete training are bringing about such unwanted consequences as fewer active kids, and rising obesity rates.

Youth Sports in America: The Most Important Issues in Youth Sports Today

Written by a former Olympic consultant, this authoritative book examines youth sports in America today, from the organizations and companies that dominate organized youth sports to high-profile controversies ranging from burnout and out-of-control parents to the health risks of youth football. • Examines negative influences of youth sports on families, from financial sacrifice to parental misbehavior • Discusses the benefits of playing on an organized team • Provides a historical overview of youth sports in the United States • Contains a list of resources for further study • Includes contact information on important sports-related organizations

No Game for Boys to Play

A comprehensive guide to improving mental clarity and quality of life in the aftermath of a concussion draws on the expertise of a neuropsychologist and concussion survivor to counsel patients and caregivers on how to manage

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symptoms ranging from migraines and depression to sleep problems and memory loss. Original. 40,000 first printing.

The Other Wes Moore

A comprehensive summary of sport-related concussion for parents, coaches, and athletes that considers the physics and biology behind the injury, identifies what can be done to reduce the risk of its occurrence, and describes how to properly respond to a suspected concussion. • Provides a detailed but easy-to-understand, jargon-free explanation of types of trauma and the forces that result in a concussion as well as what happens to brain cells when the brain suffers a concussion • Presents the facts about sport-related concussion and the potential for cumulative effects of sport-related concussions, including a discussion about chronic traumatic encephalopathy • Informs athletes, parents, and coaches about ways in which to prepare for a possible concussion, how to respond to a potential concussion, and steps to take to decrease the risk of a concussion injury

Throwaway Players

America's favorite sport has a serious problem. Many of the NFL's top players--including Troy Aikman, Steve Young, Merrill Hoge, Ted Johnson, Al Toon, and Wayne Chrebet--have had their careers ended by head injuries. But few realize that most NFL players a

Sports-Related Concussions in Youth

In THE BLOOD SUGAR SOLUTION COOKBOOK, Dr. Mark Hyman shares recipes that support the BLOOD SUGAR SOLUTION lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. The major culprit of diabetes, obesity and heart disease is insulin imbalance. Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. THE BLOOD SUGAR SOLUTION COOKBOOK will illuminate the inner nutritionist and chef in every reader.

New Hope for Concussions TBI and PTSD

Draws on interviews, e-mails, and previously undisclosed documents to reveal how the NFL has endeavored to cover up evidence of the connection between football and brain damage for the past two decades.

Coping with Concussion and Mild Traumatic Brain Injury

Get a thorough, expert overview of the many key facets of chronic traumatic encephalopathy (CTE) with this concise, practical resource by Drs. Andrew E.

Where To Download Concussions And Our Kids Americas Leading Expert On How To Protect Young Athletes And Keep Sports Safe

Budson, Ann C. McKee, Robert C. Cantu, and Robert A. Stern. This easy-to-read reference is based on lectures from Boston University's Alzheimer's Disease Center's November 2016 two-day conference on CTE.

Head Games

FOR FAR TOO LONG, the menace of concussions has been hidden in plain sight. On playing fields across America, lives are being derailed by seemingly innocuous jolts to the head. From the peewees to the pros, concussions are reaching epidemic proportions. This book brings that hidden epidemic and its consequences out of the shadows. As frightening as the numbers are—estimates of sports-related concussions range from 1.6 million to 3.8 million annually in the United States—they can't begin to explain the profound impact of a hidden health problem that can strike any of us. It is becoming increasingly clear that concussions, like severe head traumas, can rob us of our memory, our mental abilities, our very sense of self. Because the damage caused by a concussion is rarely visible to the naked eye or even on a brain scan, no one knows how many millions might be living lives devastated by an invisible injury too often shrugged off as "just a bump on the head." This book puts a human face on a huge public health crisis. Through narratives that chronicle the poignant experiences of real people struggling with this invisible and often unrecognized brain injury, Linda Carroll and David Rosner bring home its potentially devastating consequences. Among those you will meet are a high school football player whose college dreams were derailed by a series of undiagnosed concussions, a hard-driving soccer star whose own struggles with concussions pushed her to crusade for safety reform as a coach and soccer mom, and an economist who lost her career because of lingering concussion symptoms from a fender bender. *The Concussion Crisis* weaves these human dramas with compelling stories of scientists and doctors who are unraveling the mysteries of how an invisible injury can wreak such havoc. It takes readers into the top labs, where scientists are teasing out what goes wrong in the brain after a jolt to the head, and into the nation's leading concussion clinic, where patients get cutting-edge management and treatment. Carroll and Rosner analyze the cultural factors that allowed this burgeoning epidemic to fester unseen and untreated. They chronicle the growing public awareness sparked by the premature retirements of superstars like NFL quarterbacks Troy Aikman and Steve Young. And they argue for an immediate change in a macho culture that minimizes the dangers inherent in repeated jolts to the head. *The Concussion Crisis* sounds an urgent wake-up call to parents, coaches, trainers, doctors, and the athletes themselves. The book will stand as the definitive exploration of this heretofore-silent health crisis. It should be required reading for every parent with a child playing sports—in fact, by everyone who has ever suffered a hard bump on the head.

Brand NFL

If you or someone you love has had a concussion or traumatic brain injury, this book is for you. "New Hope for Concussions TBI & PTSD" is a powerful resource for the injured, the caregivers, the sporting world, the medical community, and those serving our veterans and others with PTSD. It is a book of hope for all those who have been told, "We are sorry but there is nothing more we can do."

Concussion-ology

"What an accomplishment. Brimming with compassion and insight, Reid Forgrave has written an artful and intimate portrait of a former high school football star that travels ambitiously into themes of masculinity, suffering, and the nature of a national obsession. Love, Zac is not just a vital contribution to the national conversation about traumatic brain injury in athletes, it's so beautifully written it belongs on the shelf alongside classic works of literary journalism." —Jeanne Marie Laskas, New York Times bestselling author of Concussion "A monumental achievement of deep reporting and expert storytelling." —Michael Sokolove, author of The Last Temptation of Rick Pitino Zac Easter could be your neighbor, your classmate, your son. In December 2015, Zac Easter, a twenty-four-year-old from small-town Iowa, decided to take his own life rather than continue his losing battle against the traumatic brain injuries he had sustained as a no-holds-barred high school football player. For this deeply reported and powerfully moving true story, award-winning writer Reid Forgrave was given access to Zac's own diaries and was able to speak with Zac's family, friends, and coaches. He explores Zac's tight-knit, football-obsessed Midwestern community; he interviews leading brain scientists, psychologists, and sports historians; and he takes a deep dive into the triumphs and sins of the sports entertainment industry. Forgrave shows us how football mirrors America, from the fighting spirit the game has helped inscribe in our national character to the side effects of the traditional notions of manhood that it affirms. But above all, Love, Zac is a warning to parents and those entrusted with the care of our kids not to ignore concussions and warning signs of CTE (chronic traumatic encephalopathy). For parents struggling to decide whether to allow their kids to play football, this eye-opening, heart-wrenching, and ultimately inspiring story may be one of the most important books they will read.

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On How To Protect Young Athletes And Keep Sports Safe

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