

Goal of this book

This book is a basis for your rehabilitation.

This basis exposes certain elements which have to do with rehabilitation. I had to rehabilitate, learned them doing so, and pass them on to you.

From this basis, you presumably can rehabilitate better and faster than I did.

This book is intended for 2 kinds of recipients, although it only refers to the first one :

- **A person who WANTS to rehabilitate.**

- This book may help her **frame her motivation**.

- It may also:

- lead her to perceive her medical case under the angle of ***her rehabilitation case***

- make her realize the rationality and the importance of ***her concentration on her rehabilitation***

- provide her with ***rehabilitation means and practices*** that are savings for her in terms of time and effort

- bring her to consider the ***uniqueness of her rehabilitation case***.

So, it is possible she :

- ✓ ***adapt*** the rehabilitation exercises given by her therapist, exactly to herself

- ✓ ***imagine rehabilitation exercises for the treatment of her unique rehabilitation case***

- **A person who needs to rehabilitate**

She may feel a little disheartened by the efforts her rehabilitation entails.

This book may bring her motivational elements, and lead her to **want** to rehabilitate.