

# “Optimize your rehabilitation !” guide

## Executive summary

This set of two "mini-books" is a guide intended to provide inspiration, motivation, and practice ideas to a person who suffered a debilitating accident and has to rehabilitate.

The departure point of the guide is my own accident, which put me in a prolonged coma and severely damaged many of my physical and mental functions. The accident made me lose my ability to move, speak in a comprehensible manner, use my arms, and even think. However, if my body was broken, my spirit was not.

Physicians and therapists did not expect me to walk or speak correctly again. The physician I had in the rehabilitation center told me : “You will not do anymore what you used to do”. As a matter of fact, I was a very visibly handicapped person.

I refused the status of handicapped person and rehabilitated intensely for 5 years. Though I had no formal guide, I optimized my rehabilitation and completely “regained” myself. I am now an **“undetectably handicapped person”**.

Therefore, my rehabilitation was a “success”. Moreover, had I from the onset had access to techniques layed out in this guide, I would have reduced my recovery time very significantly.

Accidents in life happen. Severe accidents can cause a breakage in one's life. However, that need not be the case.

This guide brings elements to persons who want to make the best recovery possible in the most optimized way, so that it **not be the case**. It may also be useful to professionals working with people who are rehabilitating.

These two volumes of the guide are written for YOUR REHABILITATION :

**Book 1** is the story of my rehabilitation : the medical consequences of the accident that caused it, and my often challenging but motivational journey through the personal development phases that had to be traversed to optimize my rehabilitation.

This “case study” intends to provide you with inspiration and practice examples for your own rehabilitation journey.

**Book 2** is a basis for your rehabilitation : supply of a framework for your rehabilitation journey, and exposure of my specific rehabilitations that can lead you to rehabilitate more efficiently than I did.

This “rehabilitation manual” intends to help you figure your situation and focus on your rehabilitation, and to give you means that may be useful to you.

It will probably strengthen your motivation to rehabilitate, and help you do so.

Bon, and successful, voyage !