

BOOK REVIEW: GRAY MATTERS: BRAIN INJURY, THE INSIDE PERSPECTIVE

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I am a practicing Physiotherapist, employed in a community setting in rural New South Wales, Australia. I conduct a weekly group for stroke survivors as part of my work. Reading *Gray Matters* has enabled me to connect with the members of this group in an emotional and social way that I was previously unable to do.

The use of the canvas of poetry to convey complex feelings and experiences has helped to guide me, and will give readers a thorough understanding of a person's experience with an Acquired Brain Injury. I am now better skilled at "using my empathy muscle" (See poem - *Paved Paradise*, p. 47) as I train my group to better use their motor muscles.

I also gained important insight from the chapter on recreational therapy, titled *Nature's Touch*. In this chapter, Heidi gave artistic expression to her connection with the ocean and her leisure activities. I now understand how such recreation has assisted her overall recovery.

I am thankful to be able to have shared in life's journey and teachings with author, Heidi Lerner via her written word, *Gray Matters*. She has given a very comprehensive, yet enjoyable read, which will enlighten her audience, whether they are other people with brain injuries, their friends and family or those who assist with rehab, as I do.

Dianne Aitken