

Suggested Questions for:

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## Author

Sunrise: Life After Traumatic Brain Injury: *a Healing Journey in Surviving TBI, an Empowering True Story*

(November, 2021 – Archway Publishing by Simon & Schuster)

Sunrise: TBI Journal

(November, 2022 – Elite Online Publishing)

What was the hardest part of recovery?

How did your TBI experience shift your perspective?

Do you think your healthy lifestyle helped with the recovery process?

Do you still run?

What do you do now to keep healthy?

What do you do to manage physically, mentally and emotionally – as a TBI is a forever issue?

How do you motivate or re-center yourself when you feel down or overwhelmed?

How would you like to show up for others?

What do you want people to walk away with when they close the book?

What inspired you to create the TBI Journal?

What are your future goals?

What are you working on now?