

The Courage to Come Back by Michael Coss

Introduction – Explanation of TBI including statistics, challenges and the purpose of this book.

Forward – Written by a doctor, friend or expert in TBI

Chapter One – My Life before the Accident.

- My Family – Wife and children.
- My Parents and family members.
- My childhood.
- My Occupation – Life in the fast lane in the beer business.
- My 1st boss – his family and their passion, and the things he taught me.
- My Coworkers

Chapter Two – The accident (Michael's parents)

Chapter Three – While I was “away”

- What happened during your coma and while I was in hospital.

Chapter Four – The Awakening

- HBOT, the decision to try it, the challenges and the results.

Chapter Five – Rehabilitation

- “Lokomat” machine.
- My work with different Physio's and Speech therapists.

Quick at first but things are less apparent now and much more difficult to notice.

- My work with various Therapists and professionals, Dan, Martha, Charlene, Ann Wong, Janice, Francine, and Verity.
- Challenges, successes, supporters

Chapter Six – Home away from Home – Larkin House

- Time spent at Larkin House. The Manager, Sue McCrimmon, my key workers and our relationship and all the skills that they taught me to become independent again.

Chapter Seven - Letting Go

- Frustrations and acceptance of the “new me”.

Chapter Eight - For My Children

- My inspiration, (my children), my desire to walk again and return back to society.

Chapter Nine – Finding The Silver Lining

(The benefits of my accident and injury.)

- Brought my parents and me much closer.
- Makes me appreciate everyone much more.
- Makes me realize what a great company Molson Canada is.
- My support network and my parents' move to Vancouver.

Chapter Ten – A New Purpose and my turn to give back to others.

- What you're doing now. Talk about the foundation. About your current recovery.

Chapter Eleven – A Collection of Essays

- Comments from Dr. Chevalier, Dr. Lee, and John Mallard.
- Comments from my wife, parents, family members, and friends.
- The time that I spent at Eagle Ridge and Royal Columbian Hospital. (Written by 2 nurses who worked at each hospital and who took care of me.)

Appendix:

Resources