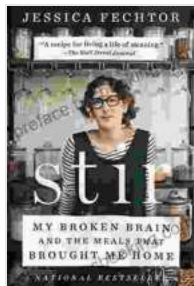


My Broken Brain and the Meals That Brought Me Home



Stir: My Broken Brain and the Meals That Brought Me

Home by Jessica Fechter

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3710 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 290 pages



In 2015, I suffered a traumatic brain injury that left me with a broken body and a shattered mind. I couldn't walk, talk, or eat on my own. I spent months in the hospital, and then in rehab, where I slowly started to rebuild my life.

One of the things that helped me most in my recovery was cooking. I had always loved to cook, but after my injury, I had to relearn everything. I had to learn how to chop vegetables, how to stir a pot, and how to season my food. But as I slowly regained my skills, I also started to regain my sense of purpose.

Cooking gave me something to focus on, a way to feel productive, and a way to connect with the world around me. When I was cooking, I wasn't

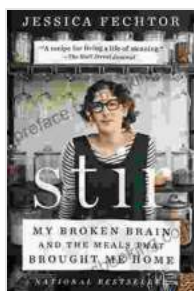
thinking about my injury or my limitations. I was just focused on the task at hand, and on creating something delicious.

Cooking also helped me to connect with my family and friends. They would often come over to my apartment and help me cook, and we would share meals together. These were some of the most meaningful moments of my recovery. Cooking helped me to rebuild my relationships, and to feel like a part of something again.

I'm now fully recovered from my brain injury, and I'm back to cooking regularly. I still have some challenges, but I'm grateful for the journey that I've been on. Cooking has taught me the importance of perseverance, resilience, and hope.

I wrote this book to share my story with others who have suffered a brain injury or other life-changing event. I want to show them that it is possible to recover and to find joy and purpose again. Cooking is just one way to do that, but it's a powerful way to connect with yourself, with others, and with the world around you.

Free Download your copy of My Broken Brain and the Meals That Brought Me Home today!



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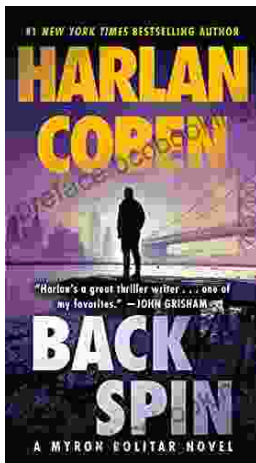
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