

Media Kit

Broken Brain Better Life

by Patricia Lynn Denning



This is a true story – every word – and I have lived through it. It's a story about my brain injury, the events that led up to it, the long and difficult road to recovery, and most importantly, how it changed me... for the better.

This book is not just for those who may have had the misfortune of suffering a brain injury; it's for anyone. It is just a story; one that I hope you find interesting, perhaps a little bit light, a touch sad, and above all else, brimming with hope. Hope, in my opinion, is the single most important emotion to grab and hold on to like you're holding for dear life. Because if you are like me, hope is what gets you through today and to tomorrow.

If you let go of hope, life lets go of you.



Patricia Lynn Denning is a retired Information Technology professional with a 34-year career in various industries including healthcare and life sciences, television and movie studios, as well as systems analyst for NASA. She wrote this book following a serious brain injury which occurred at the peak of her career, with the hope that her story might inspire others to stay strong in their own personal challenges.



Broken Brain Better Life

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Broken Brain Better Life is a short memoir about the author's experience with brain damage following a spontaneous subdural hemorrhage. The book takes you on a journey through what happened to her while winding in and out of her life experiences that contributed to the stress which led to the brain bleed. The book navigates through the injury, the helplessness that she felt, the victory of the recovery, and concludes with five life lessons that she learned from this ordeal. It is a story of persistence and perseverance. It is a story of hope.

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About the Book

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For Sale Barnes&Noble

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Amazon Customer reviews
samples ★★★★★ 4.9 out of 5



jesse machuca

★★★★★ **Inspiration**

Reviewed in the United States on March 17, 2021

Verified Purchase

What an inspirational book this was. I was so happy I purchased it. I read it in 2 days and couldn't stop reading. I was impressed how she would stand up to the doctors and tell them they were wrong!!! Loved, loved, loved.



Kelly Pennacchia

★★★★★ **Compelling, Encouraging and Well-Written**

Reviewed in the United States on January 15, 2021

A wonderfully well-written, easy to read to read book that I couldn't put down. A sad and happy story at the same time, which reinforces the fact that you have to be your own advocate when it comes to your health. A survivor tale bringing forth strength, fortitude, indomitable spirit and the will to never give up. A must read!!



Stephanie

★★★★★ **A beautiful testimony of healing & restoration** 📖

Reviewed in the United States on February 13, 2021

Broken Brain Better Life is a story about God's restoration, healing power and His Goodness. Lynn's incredible journey of brain trauma through to a miraculous healing and recovery written beautifully with full transparency. It's her transparency & willingness to share those seasons in life when you're NOT in control but decide that you're not going to accept the circumstances in front of you, that makes this book so inspiring. No diagnosis is bigger than God. If you're going through a season where life is throwing everything at you and you're just trying to survive...read this book and you'll find hope that God is good; all the time.

(P.s not a confirmed buyer as this treasure was a Christmas 🎁 gift)

And many more like these

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About the Author

Patricia Lynn Denning, better known by her middle name of Lynn, is a retired Information Technology professional with a 34-year career in various industries, including healthcare and life sciences, television and movie studios, as well as systems analyst for NASA.



She is a first-time author who wrote this short memoir following a serious brain injury which occurred at the peak of her career, leaving her with a not-so-bright future. However, with perseverance and a strong will, she overcame the challenges of a damaged brain and once again thrived.

She has shared this short story with three goals in mind; to bring awareness to the medical community of the importance of listening to patients who present with headaches, to encourage TBI survivors to not give up in their own pursuit of recovery following a brain injury, and to help her bring closure to this very difficult chapter in her life.

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About the Author *continued*

In Lynn's long and successful career, some of the years were spent as a regular employee where she advanced her career to the level of Director of Information Technology. Other periods of her career were spent as an independent IT consultant hired for specific projects. She would be called in to do what are known as data conversions. In simple terms, this is where data must be moved from an old system to a new system. Lynn would do the analysis and write the programs to move the data. Data conversions were her specialty and several of her project teams nicknamed her "The Data Queen." She has said that she feels so lucky to have had a wonderful career doing something that she loved.

Here are some of the amazing places where she had the honor to have worked:



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About the Author *continued*

In addition to the more scientific career path Lynn chose, she also has a creative side and spends some of her spare time painting. She usually paints landscapes and seascapes, however, she also painted the cartoon self-portrait for the cover of this book. The picture depicts a broken brain in one hand and a bunch of pretty daisies in the other hand, the direction to where she is looking and smiling. Her brain may be damaged but life is not only still good, it may even be better!

