PATRICIA LYNN DENNING

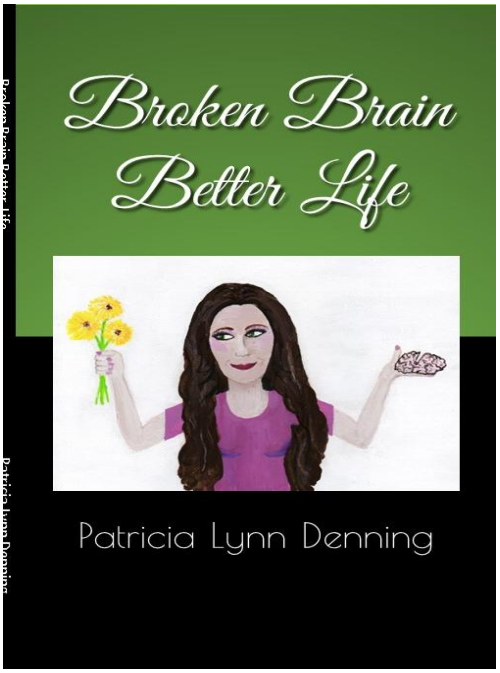
AUTHOR • BRAIN INJURY SURVIVOR • SPEAKER

A STORY OF RECOVERY, ADAPTATION AND HOPE

Broken Brain Better Life

A memoir by Patricia Lynn Denning





Never give up hope.

Broken Brain Better Life

A personal account of life before, during, and after a serious brain injury.

At the height of a successful career, Patricia Lynn Denning experienced a spontaneous subdural hemorrhage that went undiagnosed for nearly three weeks, during which time the bleeding continued. Emergency brain surgery saved her life, but the injury left her struggling with memory, language, and the loss of the professional identity she had spent decades building.

With honesty and humor, Lynn recounts the frightening aftermath, the slow and uncertain process of recovery, and the practical ways she learned to adapt. Nearly three years later, she returned to the profession she loved—while discovering that a different life could also be a better one.

The memoir concludes with five life lessons drawn from her experience. Above all, it is a story of hope.

BOOK DETAILS

Nonfiction memoir • 100 pages • Published December 2020

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Meet Lynn

Patricia Lynn Denning, known to friends and family as Lynn, is a retired Information Technology professional whose 42-year career spanned healthcare, life sciences, television and motion picture studios, and NASA, where she worked as a systems analyst.



At the height of her career, Lynn suffered a spontaneous subdural hemorrhage that resulted in emergency brain surgery and a serious brain injury. The aftermath left her facing an uncertain future, with significant challenges involving memory, language, cognitive function, and the career she had worked so hard to build.

What followed was a long and difficult journey of recovery, adaptation, perseverance, and ultimately, rediscovery. Nearly three years after her injury, Lynn returned to the profession she loved. But perhaps her greatest discovery was that rebuilding her life didn't necessarily mean returning to the life she had before.

A life beyond the injury

In her memoir, Broken Brain Better Life, Lynn shares her deeply personal experience with honesty, humor, and an unwavering belief in the importance of hope.

Beyond her professional accomplishments, Lynn is an avid motorcycle enthusiast, artist, and songwriter who enjoys exploring the world and pursuing new creative interests. Her continued passion for adventure and creativity reflects a life that has grown richer in ways she never could have anticipated.

She wrote the book with three goals: to raise awareness within the medical community about the importance of listening to patients and recognizing potentially serious neurological symptoms; to encourage brain injury survivors and their families to hold on to hope, even when recovery is slow or uncertain; and to bring closure to a life-changing chapter of her own story.

“My message is simple: Never give up hope.”

Sharing a message of hope

For brain injury survivors, families, caregivers, and healthcare audiences.

Lynn hopes to share her story with audiences at brain injury conferences, rehabilitation centers, healthcare organizations, and survivor and caregiver events.

Her presentation draws on lived experience: the uncertainty of a serious brain injury, the challenges of memory and language loss, the value of practical adaptations, and the possibility of continued growth. Her story offers encouragement without promising that everyone's recovery will follow the same path.

SPEAKING INQUIRIES & MEDIA MATERIALS

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A complimentary PDF of Broken Brain Better Life is available upon request.

PATRICIA LYNN DENNING