



## **How I Rescued My Brain. A Psychologist's Remarkable Recovery from Stroke and Trauma**

*by David Roland*

David suffered a stroke which resulted in brain injury. This is the account of his resilience and determination to overcome one of the most frightening situations imaginable - the fear of losing his mind and not getting it back.

## **Author Talks 2014**

**Date:**

Thursday 21 August 2014

**Time:**

6.30pm

**Venue:**

Mona Vale Library  
1 Park Street, Mona Vale

**Cost:**

\$8 Adults  
\$6 Concession - Pensioners and Students only  
(passes must be shown)

**Phone:**

9970 1600

**Bookings essential!**

**FREE FOR SCHOOL STUDENTS**

David Roland has a PhD in clinical psychology, and has trained in neuropsychological assessment. David is an honorary associate with the School of Medicine at the University of Sydney and a founder of the Australian branch of the Compassionate Mind Foundation.

His first book was *The Confident Performer* (1998).