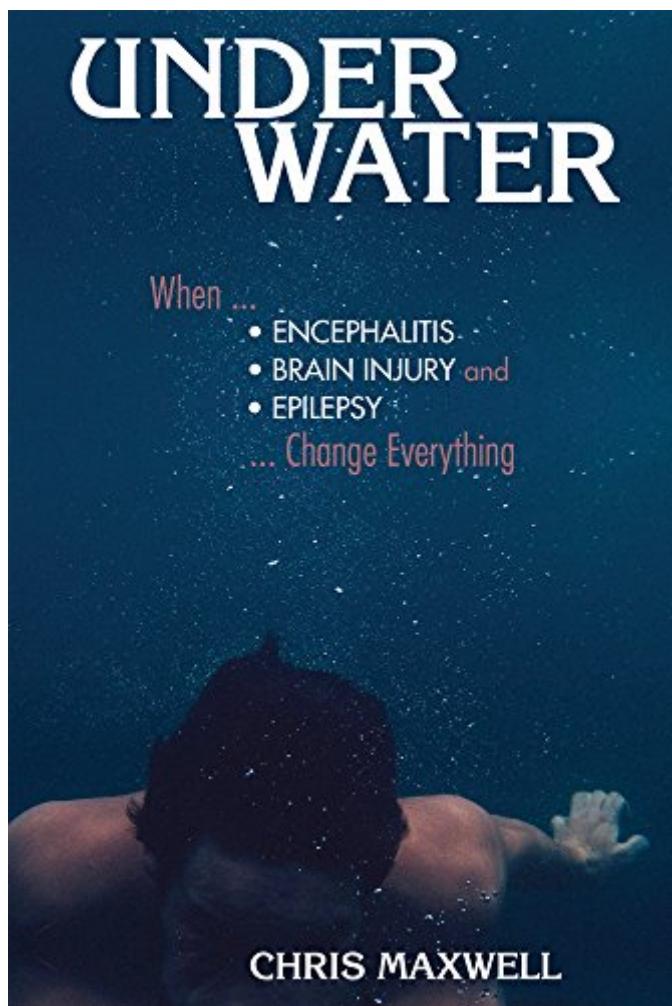


The book was found

Underwater: When Encephalitis, Brain Injury And Epilepsy Change Everything



Synopsis

Encephalitis almost ended Chris Maxwell's life. The scar tissue in his brain and life with epilepsy made him and his family and friends feel like the life they'd known changed suddenly and permanently. For Maxwell and the staggering number of people facing traumatic brain injuries, epilepsy, or other painful encounters, life is experienced through a different lens. Names are tough to remember. Medication is a common acquaintance. Exhaustion, seizures, and mood swings are daily traveling companions. Maybe you can relate. Maybe you know about encephalitis, epilepsy, or another type of brain damage. Maybe you're a caregiver not sure how to come ashore yourself. Maybe your story is different, but the feeling is the same. Depression, disability or disease has changed everything. Maxwell's writing and the stories of others offer hope. Hope that you're not alone, even when your experience underwater seems to change everything.

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Customer Reviews

This book is filled with encouragement and suggestions to live a healthier, better life even if the

reader does not have epilepsy. Using real life stories of people with various struggles, Underwater reminds readers that there are ways to compensate for "deficiencies" we may have and others who have gone through similar circumstances and situations. If you or someone you know is going through any kind of struggle, I highly recommend this book.

I am not someone who has struggled with epilepsy, however I am someone who struggles with the battle of the mind in different ways. That being said, Underwater was a book of honest pain - some familiar to me, and some not - as well as a book of honest hope that I believe we all could grab on to. I loved how real it was. I loved the stories and hearing more of Pastor Chris's story, and how it affected everyone around him. It was honest, and sad, and scary, and a reminder that we're never alone in our battles. It was a different twist than how he wrote it in *Changing My Mind*, which was great, in that it caused me to understand the illness and its effects even more clearly. I really liked how even though there was so much obvious pain in all of the stories, it ended with hope. I was thrilled that it's a book that can relate and bring healing to people who don't have epilepsy too, even though it's about and written by people who do have epilepsy. It was extremely well written, encouraging, inspiring, painful, sad, realistic, and hopeful.

Although I don't have epilepsy, I found that Chris Maxwell has captured the essence of the struggle for anyone who struggles with mental health issues. His stories of people with epilepsy and their caregivers cuts to the heart of the issues they face. But he also introduced possible solutions through the way he and others have met their challenges, faced them, and overcome them--or at least learned how to live with them and thrive. Anyone who reads this book will find empathy and compassion that will encourage them.

I have read many of Chris's books and am always inspired by his great personal life experiences. Underwater is no different. Chris has a unique writing style that captures the imagination and inspires. Underwater is how Chris felt when recovering from severe brain damage. He teaches us to breath deeply while living each moment. Living underwater is an experience that many of us find difficult to relate to, but Chris shows us how to find love when we think we may be drowning.

A must read for anyone whose life is touched by someone suffering from a chronic illness. While the medical/scientific aspects are easily "googled", it is the psycho-social impact that is not much talked about. The little things we take for granted daily become the daily "Everest" for a chronic illness

warrior. I found it especially insightful in terms of the impact it had on Chris' family - Debbie and the boys. The hidden challenges that are dealt with behind the closed doors of a loving home - family has to rally around and fight the fight with you and sometimes for you. Thanks for blessing us with your book, Chris. Thankful that through your struggle, your victories are a beacon of hope and your faith is a reminder to anchor our faith in a living God. Blessings:)

If you have ever been underwater struggling to breathe due to some unforeseen life event, disease or struggle, this book is for you. If you are a caregiver of someone struggling to swim, this book is a must read. Chris Maxwell opens his heart with his experience being underwater struggling with encephalitis, epilepsy, and brain injury. Whatever your storm, whatever is causing you to feel underwater - there is hope. This book is an honest, real look at coming ashore!

I just finished reading this book by Chris Maxwell and was truly inspired by the story that Chris shares. This is a book for everyone to read, regardless if you have ever struggled with epilepsy or not. If you have ever had any struggles in life, you need to read this book. I found myself making notes of things that I personally can do to add value to my life and to the life of others. I highly recommend this book for anyone to read!

If you think Underwater is a book just for those who are dealing with illness or brain injury, you would be wrong. There are so many insights to everyday life for everyone in this book by Chris Maxwell. I found the parallels in Chris' medical adventure to echo the same things I experience in life outside any medical connection. Who doesn't face surprises in life? Questions without answers? Feelings of panic and frustration? I sure do and so does everyone else I've ever met. Not only is Underwater broken down into bite-size chapters with clever titles, but just a single reading is more like a buffet than an appetizer. Several chapters could stand alone on their own theme for a book, and yet we are given just the right portion to satisfy our hunger, scratch an itch, and bring peace to our own troubled waters. This book needs to be read, and then read again. Gary Rice Pastor, Evangel Orlando

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Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and

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