

Carole Petiet, PhD, shares story of healing in ‘The Day I Died’

Psychologist, nurse, mother finds solutions for healing after brain trauma

BERKELEY, Calif. – [Carole Petiet, PhD](#) lived to write “The Day I Died.” “Don’t wait until the day you die to read it.”

“[The Day I Died: Brain Trauma and the Journey Back](#)” (Archway Publishing) recounts the saga of the author who endured a devastating, near-fatal injury while participating in a family ski race. See author video at [YouTube](#).

This is a riveting story about the trauma and healing of a brave and indomitable woman. From practitioner to patient and back again, her extensive education and expertise enable Petiet to turn her personal tale into a unique, inspirational, and revealing account that instructs everyone, especially people facing the arduous task of recovery from trauma. This book provides insight for family, friends, and professionals about ways to support and help traumatized people.

Never give up, Petiet illustrates by her response against all odds, as she finds her path back to full life after this tragic accident and resulting brain trauma. “Maintain hope in rebuilding a vital life. Seek needed help, including integrative medicine. Tune inside as well as into loving relationships. Do what you love: it will help you heal,” Petiet says when asked what she hopes people will take away from her experience.

Medical and other healthcare professionals will find this book informative in building greater empathy and understanding for those they help, enabling constructive change in caregiving actions. Aside from the author’s accident and her difficult yet rewarding journey, this book offers reflections on humor, acceptance, gratitude, mystery and miracles. Extensive notes and resources offer guidance and information for the post-trauma journey.

“The Day I Died: Brain Trauma and the Journey Back”

By Carole Petiet, PhD

Hardcover | 6 x 9in | 264 pages | ISBN 9781480828445

Softcover | 6 x 9in | 264 pages | ISBN 9781480828438

E-Book | 264 pages | ISBN 9781480828452

Available at Amazon and Barnes & Noble

About the Author

Carole Petiet, PhD, SEP, RN, is a clinical psychologist, registered nurse, and accomplished athlete. She weaves together a detailed account of recovery from trauma using the threads of her own experiences and insights she has gained from four decades spent working as a helping professional. Readers can learn more about the author at www.carolepetietphd.com.