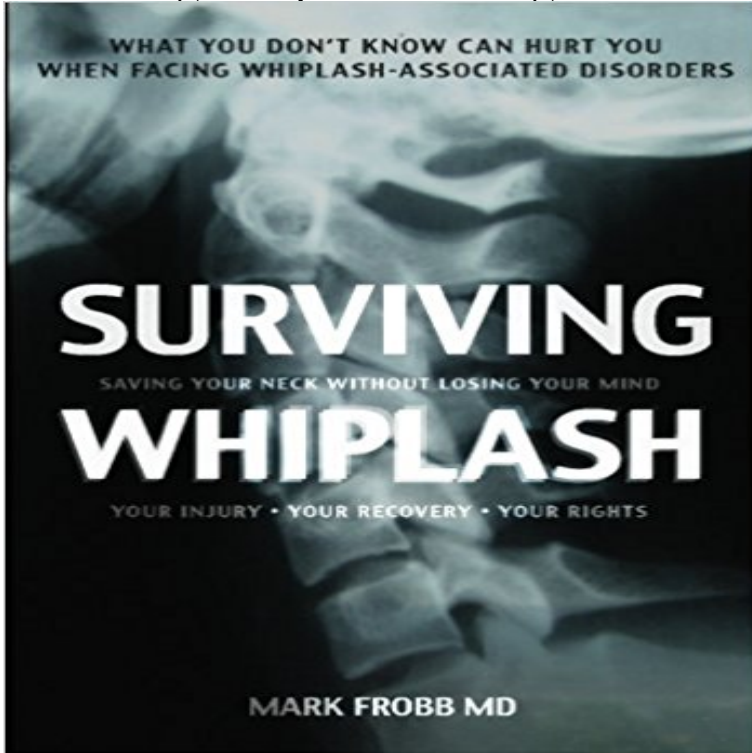


# Surviving Whiplash: Saving Your Neck Without Losing Your Mind.



Surviving Whiplash: Saving Your Neck Without Losing Your Mind is a comprehensive no-nonsense handbook to help you navigate the pain and frustration of this very illusive and costly injury. **YOUR INJURY:** Learn how whiplash occurs, how the nature of car design can increase whiplash injury, and how seemingly minor details of your accident can be critical to degree of injury and recovery. Understand the anatomy of your injury and the terminology you can expect to encounter. **YOUR RECOVERY:** Learn to confidently advocate for yourself in the often confusing world of medical intervention. Learn how the Rule of 6 and the Rule of 3 can guide you through treatment options and chart their appropriate duration. **YOUR RIGHTS:** Learn the critical steps you must complete in the short-term to avoid risking a less-than-optimum settlement-or no settlement at all. **REBUILDING YOUR LIFE:** Learn what can instantly contribute to your recovery by 20% to 30% and how to keep your recovery gaining momentum for the long-term.

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