Negotiating The Speedbumps contains the personal experiences of a woman with Traumatic Brain Injury as a result of a ruptured brain aneurysm and seven week coma. It tells of her struggle to adapt to the changing body she now finds herself in. In addition it relates how she has fought to thrive in the world she inhabits but had left.

Springer was in a coma for seven weeks after her brain aneurysm, then moved to a nursing home where her feeding tube was removed, as dictated by her living will. As her minister was reciting the 23rd Psalm during the final seconds of her life, Springer woke up from her coma. Life from that moment, according to Springer, has been a path of speed bumps. "I have found that despite all the obstacles, there can be much beauty and peace," she says. "You control the outcome. Faith gives you the tools."

From The Author: “At 52 years of age, my entire world changed. I went from being an active professional one day to eight weeks later barely able to function. Everything in my life would be tested-especially my faith. Not accepting that the miracle of life was given to be wasted, I began to pick up the pieces of my life. I began to examine life and myself as I learned how to cope in a strange new world.”

About The Author: Holly L. Springer worked as a human resource manager in her hometown of Reading, Pa., prior to her brain aneurysm in 2001. She is a widow and mother of two grown children.