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### The Sky's the Limit Archives Available November 11th 2015: Focus on Discovery

My guest is Jeff Sebell, after suffering a traumatic brain injury (TBI) in 1975 from a car accident resulting in frontal lobe and brain stem injuries, was in comatose for 30 days. Jeff has continued to write, and speak, focusing on "living a fulfilled life after brain injury". He was credited in the book "Brain Injury Advocates", by Sue Hultgran, with the first use on the web of the term "TBI Survivor". Jeff's focus on discovery lead him to write his book "Learning How to Live with Yourself After Brain Injury", not your typical TBI survivor book. His book is full of new ideas, it is invaluable

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### Featured Guest



#### Jeff Sebell

In 1975, Jeff Sebell experienced a TBI during the summer before his junior year in college. He suffered frontal lobe and brain stem injuries, and was comatose for 30 days. Jeff returned to college five months after his accident, and finished college one semester late earning his BA in Economics. After college, he worked as a disc jockey and music director at a radio station in Colorado. Following that, he worked in a family manufacturing business for nearly 25 years. Jeff was active in supporting other survivors referred to him by the newly forming National Head Injury Foundation in the early 1980's. As a result of his involvement, he was appointed to the founding Board of Directors of the

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