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Mayo Clinic Guide to Living with a Spinal Cord Injury: Moving Ahead with Your Life Mayo Clinic This indispenable guide offers a complete picture of the road to recovery, and the specifics to move ahead with your life. When possible it encourages readers to resume their favorite hobbies, participate in athletic activities and return to the workplace.

For the first time, leading medical specialists at the world-renowned Mayo Clinic offer their expert advice on everything from emotional adjustments, to skin care, to home and car modifications, to quality-of-life improvements. Easy-to-read, illustrated, and well organized, *Mayo Clinic Guide to Living with A Spinal Cord Inury* provides the "how-to" regarding the day-to-day challenges faced by anyone who has a spinal cord injury.

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