

# Laurie Lee Lewis Shares Her Inspiring Journey Through Multiple Concussions To Bring Others Hope

20 head injuries in 10 years One Woman's Remarkable Story



**Bellingham, Aug 12, 2019 ([Issuewire.com](http://Issuewire.com))** - Having hit her head over twenty times in ten years, Northwest Washington singer-songwriter and organic farmer Laurie Lee Lewis releases her story which contains firsthand insights about concussions and inspires hope to anyone living with fog. Lewis explains, "I heard Jack Canfield, founder of Chicken Soup for the Soul ® books, say "*If you can't find the book you are looking for, then maybe that means you are supposed to write it yourself.* In my fog,

this inspired me and gave me the courage to write when I could not find anything about multiple concussion survivors - not involved in sports. I wrote "When The Fog Lifts" for the injured, caregivers, doctors, friends, family or anyone connected to brain injury. Most all of us have bumped our head, but this story is about that one bonk that changes everything, and what follows."

A pre-release comment from a friend to Lewis cuts to the heart of the matter: *"The picture of you in the lavender field on the back of the book is gorgeous, but the cover, with the head and toothpicks, that's creepy, Laurie!"* Her reply: *"Head injury and writing about it, is also creepy. This whole sharing is vulnerable stuff! Behind the smile, singing, farming and charity work, I struggled with migraines, balance problems, stuttering, depression, mini-seizures and more. The toothpicks represent the hits that I sustained. Fog can be thick, but I am proof that lifting that fog is possible!"* Lewis takes the reader through many types of fog besides post-concussion, including divorce, menopause, caregiving, loss, grief, insecurity, creativity, spirituality, and even musical magic. She shares her belief that the fog can be used as a gift and teacher, enabling one to face fear, count blessings, seek a higher calling, and inspire others. The country-fied expressions and honest grit from Lewis feel like a genuine conversation, sitting with this singing farmer at Heart To Heart Farm. There on a dead-end road in rural Washington State, where she grows produce to donate to local food banks, cares for her aging mother, writes songs, and brings the community together with special gatherings."

Lewis states: *"Injury happens right smack in the middle of life - as a parent, student, spouse, farmer, whatever and life goes on even if you are fogged-in. Somehow, you have to keep a-goin'. Not give up. Heck, I've had to pull weeds and harvest produce, layin' on the ground! While I could have had this book professionally edited, somethin' told me to keep it raw. After all, this is me. So the idea of makin' this book too polished would have been a lie. Though it took months, I edited and laid out everything myself, determined to show that we are capable of so much, even while injured. A calling to help and inspire others is very powerful and I am certain it is what has kept me alive."*

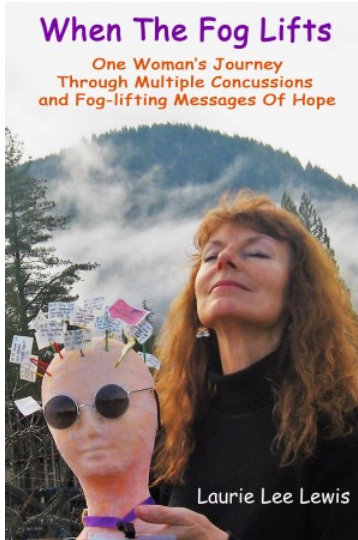
Lewis touches on Alzheimers/Dementia as well as Chronic Traumatic Encephalopathy (CTE), which is now being linked to multiple head injuries, particularly with athletes and military veterans. Lewis watched her dad die from brutal Dementia a year ago, August. While saying goodbye, she promised him that when her own fog lifted she would somehow share her journey to bring hope, while warning others about head injuries. A promise kept. When The Fog Lifts is an authentic story told by a singing farmer that packs a powerful message: to treasure this gift called life.

When The Fog Lifts is now available on ebook and paperback

<https://www.amazon.com/When-Fog-Lifts-Concussions-fog-lifting/dp/1092543899>

<https://www.hearttoheartfarm.com/lauries-new-book.html>





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Source : Laurie Lee Lewis

See on IssueWire : <https://www.issuewire.com/laurie-lee-lewis-shares-her-inspiring-journey-through-multiple-concussions-to-bring-others-hope-1641637585392334>