MEDIA RELEASE

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PORT KEMBLA AUTHOR LAUNCHES MEMOIR ON LIFE AFTER BRAIN INJURY

After The Impact: a true story of losing yourself to an invisible injury, and finding your way back

Port Kembla author Kris Picker will launch her memoir, After The Impact, at Port Beirut on Sunday 13 December, from 3pm to 5pm.

After a traumatic brain injury while living in England, Kris spent time in a coma, and her parents were told that if she recovered, she would be severely brain injured. She did recover, but the hardest part was the one nobody could see: looking fine on the outside while feeling lost on the inside.

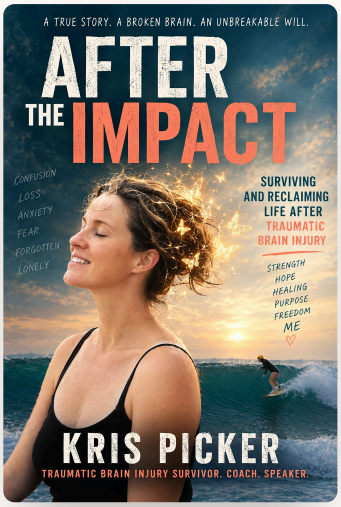
After The Impact is Kris's honest account of that invisible injury, the identity loss nobody warns you about, and the long road back to herself. The story ends somewhere she never expected. More than 15 years after the accident, Kris paddled out for her first surf, wearing a yellow helmet.

"So many people with a brain injury are told they look fine, and they quietly wonder if they're still the same person," Kris said. "I wrote this book for them, and for the families who love them. I want them to know they're not alone, and that it's never too late to find yourself again."

Kris now coaches brain injury survivors, speaks to workplaces and health teams about invisible injury, and has created a free workbook, "Am I Still Me?", for survivors and their families.

The launch is free and open to everyone. Books will be for sale on the day and Kris will sign copies. It is a BYO event, held in the back courtyard at Port Beirut, 38 Wentworth St, Port Kembla.

ENDS



LAUNCH

Sunday 13 December
3pm to 5pm
Port Beirut, 38 Wentworth St, Port Kembla
Free · All welcome · BYO

INTERVIEWS

Kris is available for interviews, photos and podcasts.
Photos and bios: krispicker.com.au/media

NOTES FOR EDITORS: STORY ANGLES

Invisible injury. You look fine. Your brain isn't.

Surfing back to yourself. The beach, the board, and rebuilding who you are.

Local author launch. Port Kembla author launches memoir at Port Beirut, 13 December.

Bios, a book cover and photos (surf photography by Phill McCudden) are at krispicker.com.au/media

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