

Download Ebook Life After Stroke An Ethnomethodological Study Of Emotion Read Pdf Free

Life After Stroke Stronger After Stroke Healing and Happiness After Stroke Healing the Broken Brain After a Stroke Stroke Recovery and Rehabilitation Living with Stroke Hope After Stroke for Caregivers and Survivors: The Holistic Guide To Getting Your Life Back Life After Stroke My Stroke of Insight Stronger After Stroke, Second Edition When Your Spouse Has a Stroke Speech After Stroke Recovery After Stroke Caring For a Loved One with Aphasia After Stroke Identity Theft After the Stroke Stroke Rehabilitation After Stroke Speechless Relentless Stroke Recovery Book My Year Off Textbook of Neural Repair and Rehabilitation Hand Recovery After Stroke Broken Movement Clinical Pathways in Stroke Rehabilitation A Stroke of Faith Brain Repair After Stroke Restoration of Normal Movement After Stroke Tell Me Everything You Don't Remember Quality of Life After Stroke What you need to know about stroke The Stroke Book Had a Stroke? Now What? Thriving After Your Stroke Stroke Rehabilitation Strokeland Living with Stroke Living with Stroke

Mark Moore always believed he was in charge of his life. All that changed on a beautiful

Saturday morning in May 2007. Suddenly he was no longer in control of anything. Though his life will never return to his pre-stroke normality, through this crisis, he has gained a deeper understanding of the centrality of God's role in his life and in all of our lives. A STROKE OF FAITH tells the story of moving from acceptance to surrender and from hope to faith. It reveals God's work in Mark's life as He transformed him from thinking he had everything under control to knowing God has had control all along. An Incredible Journey of Determination and Recovery In 2005, Ted W. Baxter was at the top of his game. He was a successful, globe-trotting businessman with a resume that would impress the best of the best. In peak physical condition, Ted worked out nearly every day of the week. And then, on April 21, 2005, all that came to an end. He had a massive ischemic stroke. Doctors feared he wouldn't make it, or if he did make it, he would be in a vegetative state in a hospital bed for the rest of his life. But miraculously, that's not what happened . . . In Relentless, Ted W. Baxter describes his remarkable recovery. Not only did he live, but he's walking and talking again. He moves through life almost as easily as he did

before the stroke; only now, his life is better. He's learned that having a successful career is maybe not the most important thing. He's learned to appreciate life more. He's learned that he wants to help people—and that's what he does. He gives back, volunteering his time and effort to help other stroke victims. Relentless is a wonderful resource for stroke survivors, caregivers, and their loved ones, but it is also an inspiring and motivating read for anyone who is facing struggles in their own life. A Doody's Core Title 2012 Stroke Recovery and Rehabilitation is the new gold standard comprehensive guide to the management of stroke patients. Beginning with detailed information on risk factors, epidemiology, prevention, and neurophysiology, the book details the acute and long-term treatment of all stroke-related impairments and complications. Additional sections discuss psychological issues, outcomes, community reintegration, and new research. Written by dozens of acknowledged leaders in the field, and containing hundreds of tables, graphs, and photographic images, Stroke Recovery and Rehabilitation features: The first full-length discussion of the most commonly-encountered

component of neurorehabilitation Multi-specialty coverage of issues in rehabilitation, neurology, PT, OT, speech therapy, and nursing Focus on therapeutic management of stroke related impairments and complications An international perspective from dozens of foremost authorities on stroke Cutting edge, practical information on new developments and research trends Stroke Recovery and Rehabilitation is a valuable reference for clinicians and academics in rehabilitation and neurology, and professionals in all disciplines who serve the needs of stroke survivors. An account of the neurobiology of motor recovery in the arm and hand after stroke by two experts in the field. Stroke is a leading cause of disability in adults and recovery is often difficult, with existing rehabilitation therapies largely ineffective. In Broken Movement, John Krakauer and S. Thomas Carmichael, both experts in the field, provide an account of the neurobiology of motor recovery in the arm and hand after stroke. They cover topics that range from behavior to physiology to cellular and molecular biology. Broken Movement is the only accessible single-volume work that covers motor control and motor learning as they apply to stroke recovery and combines them with motor cortical physiology and molecular biology. The authors cast a critical eye at current frameworks and practices, offer new recommendations for promoting recovery, and propose new research directions for the study of brain repair. Krakauer and Carmichael

discuss such subjects as the behavioral phenotype of hand and arm paresis in human and non-human primates; the physiology and anatomy of the motor system after stroke; mechanisms of spontaneous recovery; the time course of early recovery; the challenges of chronic stroke; and pharmacological and stem cell therapies. They argue for a new approach in which patients are subjected to higher doses and intensities of rehabilitation in a more dynamic and enriching environment early after stroke. Finally they review the potential of four areas to improve motor recovery: video gaming and virtual reality, invasive brain stimulation, re-opening the sensitive period after stroke, and the application of precision medicine. In this compassionate guide, three expert physicians who treat people with stroke describe how to navigate the path to recovery. Their practical advice on treatment, rehabilitation, and lifestyle changes is also designed to help prevent another stroke. Drs. Stein, Silver, and Frates begin by explaining how stroke occurs and what happens when different parts of the brain are injured. They describe diagnostic tools such as CT scans and MRIs as well as medications used to prevent and treat stroke, and they explain in detail how stroke survivors can heal optimally. They also set out plans to help survivors reduce the risk of another stroke, including the Stroke Savvy Exercise Plan and Stroke Savvy Diet Plan. Relating patients' experiences and bringing readers up to date on promising new

treatments, Life After Stroke offers hope to stroke survivors and their families. At the age of 43, Jennifer Gordon suffered a debilitating stroke that robbed her of the power of speech. What was it like for an intelligent, articulate, imaginative woman to find herself in a world where she could no longer communicate? Speechless tells this story. It describes the often puzzling symptoms leading to the stroke; the shock, then denial, then acceptance of the stroke itself; the periods of hospitalisation and rehabilitation and the long journey back to a 'normal' life. The author experiences despair at being dependent on others; resentment at being judged because she is different; frustration at the need for intense concentration to do even simple things; grief as she becomes aware of a loss of personality; and joy at each small step towards regaining what she has lost. Speechless is written with dignity, honesty and humour in a way that evokes empathy but never pity. Anyone who has ever been a patient will feel they can relate in some small way to Jennifer Gordon's feelings of helplessness, anger, fear and gratitude as doctors, nurses, orderlies, therapists and hospital workers cross her path. Because of this, the book is enlightening reading for all health care professionals as well as relatives and friends and the patients themselves. Practical and concise, Stroke Rehabilitation provides everyday clinical guidance on current methods, techniques, evidence, and controversies in this important area. This

focused resource by Drs. Richard Wilson and Preeti Raghavan consolidates today's available information in an easy-to-navigate format for today's practicing and trainee physiatrists, as well as other members of the rehabilitation team. A step-by-step blueprint for getting better--a unique program devised by a stress management consultant and the sufferer of 2 strokes. In this compassionate guide, three expert physicians who treat people with stroke describe how to navigate the path to recovery. Their practical advice on treatment, rehabilitation, and lifestyle changes is also designed to help prevent another stroke. Drs. Stein, Silver, and Frates begin by explaining how stroke occurs and what happens when different parts of the brain are injured. They describe diagnostic tools such as CT scans and MRIs as well as medications used to prevent and treat stroke, and they explain in detail how stroke survivors can heal optimally. They also set out plans to help survivors reduce the risk of another stroke, including the Stroke Savvy Exercise Plan and Stroke Savvy Diet Plan. Relating patients' experiences and bringing readers up to date on promising new treatments, Life After Stroke offers hope to stroke survivors and their families. Penned by a rehabilitation physician who has worked with thousands of stroke patients and families, this reference provides simple answers to the many questions that surround strokes and stroke rehabilitation. Free of technical medical jargon, this resource addresses topics such as the

anatomy of a stroke, impairments and complications associated with strokes, and preventing and reducing the risk of them. A gallery of photographs that show and explain the latest methodologies in rehabilitation equipment is also included. This voice-driven, narrative, non-fiction book relays the stories of seven courageous women whose lives have been greatly impacted by a loved one's stroke, resulting in loss of language ability to one degree or another. Aphasia leads to varying degrees of problems in speaking, understanding, reading, writing, gesturing, and using numbers. Aphasia can be extremely stressful for both the individual who had the stroke and for their family and friends. Speech is such a significant part of human interaction, and it's something that most people take for granted. It's hard to be able to communicate if you've been dependent upon verbal communication and yours is suddenly impaired. Fortunately, some recovery from aphasia is possible, and there are still ways to effectively communicate, even with aphasia. The stories contained in the book are intended to help others feel less alone as they navigate their loss and the confusing healthcare system. The stories are told from the advent of a stroke of their loved-ones and describe how these caretakers persevered to find quality medical services and to provide home care. Caring For a Loved One with Aphasia After Stroke is written for people who are going through a similar crisis, or for those in the medical and/or

speech/language field who are interested to learn more about perseverance and hope that are critical to aphasia. A stroke is a devastating occurrence in the life of a family. After damage is assessed, the patient, family members, caregivers, doctors and friends collaborate on rehabilitation. It is important to understand what kind of stroke the patient suffered and what kinds of physical, neural and nutritional therapies can help to restore normal functioning. This entry in North Atlantic's Family Health Series is a guide to the causes and consequences of a stroke. It outlines a systematic plan to help restore normal living developed by healthcare professionals active in Australia stroke support groups. They are joined by a Feldenkrais practitioner and a naturopathic physician who describe bodywork and nutritional approaches to complement conventional medicine. After a Stroke will help you understand limitations, effects and recovery prognosis of different kinds of strokes; locate movement therapies and body work to stimulate and re-educate the brain and neural-limb coordination; organize a "health team" blending the best of current orthodox medicine with the best of traditional, natural therapies; and chart daily patient progress with worksheets, charts and tables. Each of us lives on the thin line between chaos and order. Having a stroke thrusts you and the family who loves you into a magnitude of chaos unlike anything you have previously experienced. The trauma of the medical emergency may seem to

turn your life upside-down as you are forced to yield control to a cadre of new care specialists, and when the dust settles you may find that a portion of your brain has turned to ashes. It may take years to put the chaos behind you and find your way back to the balance of that thin line. Thriving After Stroke teaches the way out of that excruciating situation. It lays out the principle of the adaptive spiral, which shows the importance of making every day a little better than the day before. Within these pages you will find a road map to restore order to your life, gain resiliency, and tap the power of nature and recreation to help you and your family realize your highest quality of life. The intimate, life-affirming journey of recovery and rehabilitation from a major stroke, written by one of morning television's most beloved personalities Mark McEwen was at the top of his game and enjoying life when he suffered a stroke. After fifteen years on The Early Show, he had moved to Orlando to anchor the local news and spend more time with his family. While traveling, he experienced symptoms that led him to a hospital, where he was misdiagnosed with the flu. Two days later, on an airplane flight just hours before he finally collapsed, flight attendants and airport staff dismissed his slurred speech and heavy sweating. Misinformation not only delayed his treatment, but it also nearly cost him his life. Now, in a candid and moving memoir, America's beloved morning-show weatherman recalls his harrowing journey of rehabilitation

from a massive stroke. After the Stroke traces his recovery in the aftermath of temporarily losing some of his greatest gifts- his talent as a public speaker, and his warm, witty exuberance-while his wife worked valiantly to care for their children as well as her seriously ill husband. Sharing an ultimately triumphant story, McEwen emerges as one of our most dynamic new crusaders for stroke victims and their families. Yes, you can have Hope after Stroke & You Can Get Your Life Back. Stroke affects 800,000 people yearly, but that's just a statistic. Someone you love had a stroke. Right now, you may be desperate for answers as you struggle to understand the confusing maze of medical terms, therapists, and treatments. Do you wish someone would guide and prepare you for what to expect and how to manage the challenges and the uncertainty of what this disability may mean to your relationship and life? Hope After Stroke is like having a personal concierge therapist at your side, clarifying the medical jargon and empowering you each step of the way. You'll discover simple practical tools and strategies you can use in the hospital, upon homecoming, and re-entering your community and workplace. Hope After Stroke will help you find the hope, certainty and resolve needed for recovery. For more than 25 years, Tsgoyna Tanzman has helped 1000's of stroke survivors and their families answer those questions, recover communication skills and find meaning in their lives after stroke. With compassion, humor, and down-to-earth practicality she

focuses on positive outcomes, and makes rehab and recovery a truly transformative experience. Her unique blend of skills as a Speech-Language Pathologist, Master Practitioner of Neurolinguistic Programming, and a Life Coach means she utilizes the best practices of the most successful people on the planet. She's assisted survivors at every stage of their recovery and in every environment including hospitals, residential settings, clinics, home care and finally back into the community and workplace. Hope After Stroke is an easy-to-read, essential and evidence-based resource guide along with real-life stories that will help caregivers and stroke survivors get their lives back after stroke. You will discover how to: - Implement simple strategies and routines to develop resourcefulness and the mindset needed for long-term recovery - Establish daily practices to improve memory - Activate and apply the five known qualities successful Thrivers use to recover and find meaning and purpose in their lives after stroke - Reduce or eliminate anxiety without medication - Communicate more easily and effectively even with aphasia - Develop rituals of self-care that are scientifically proven to improve brain function and overall wellbeing - Ask candid questions about sex and seek resources for sexual issues post stroke - Seek and obtain the best rehabilitative services by effectively communicating with insurance providers, doctors and therapists to maximize recovery and much, much more! Hope After Stroke offers

numerous tips and tools along with a variety of real-life stories of stroke survivors. If you want to feel hopeful, empowered, and purposeful in achieving the highest level of recovery then buy *Hope After Stroke for Caregivers and Survivors: The Holistic Guide to Getting Your Life Back*. Scroll to the top and click the "Buy Now" button. Increasing evidence identifies the possibility of restoring function to the damaged brain via exogenous therapies. One major target for these advances is stroke, where most patients can be left with significant disability. Treatments have the potential to improve the victim's quality of life significantly and reduce the time and expense of rehabilitation. *Brain Repair After Stroke* reviews the biology of spontaneous brain repair after stroke in animal models and in humans. Detailed chapters cover the many forms of therapy being explored to promote brain repair and consider clinical trial issues in this context. This book provides a summary of the neurobiology of innate and treatment-induced repair mechanisms after hypoxia and reviews the state of the art for human therapeutics in relation to promoting behavioral recovery after stroke. Essential reading for stroke physicians, neurologists, rehabilitation physicians and neuropsychologists. Covering neuroscience and rehabilitation strategies, an essential handbook and reference for multidisciplinary stroke rehabilitation teams. Volume 1 of the *Textbook of Neural Repair and Rehabilitation* covers the basic sciences relevant to recovery of function

following injury to the nervous system. Dr. Mike Dow is a best-selling author, psychotherapist, and relationship expert. So why is he writing a book about stroke? Well, what you probably don't know about Dr. Mike is that his younger brother, David, is a stroke survivor. What's more, David's stroke happened when he only 10 years old. This means most of Dr. Mike's teenage years were spent witnessing what his family was dealing with trying to find the best treatments for David. He struggled to know what to do to help his brother. He watched helplessly as his brother wrestled with depression, trying to find the motivation to recover on top of the challenges of adolescence. He mourned the loss of what could have been—and he was angry. How his family would have loved to sit down with top experts in stroke to find out what they should be doing and have their questions answered. Now Dr. Mike has the ability to do just that, and he's doing it so that others in his family's position don't have the same struggle. Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to maximize your recovery. "Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist

experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone. You've been working on healing your brain since day one of rehab. But when results start to slow down or you start to feel stuck, then you may have overlooked an equally important part of recovery: Happiness. By harnessing the power of positive psychology, you can boost self-esteem, overcome depression, break through plateaus, and find the motivation to achieve an amazing recovery. This inspiring self-help guide, complete with practical exercises and essential habits, provides a much needed pep-

talk for every stroke survivor on their road to recovery. Based on scientific evidence, stories from stroke survivors, and years of self-help research, *Healing and Happiness after Stroke* has everything you need to get back on your feet and become a stronger version of yourself. This open access book focuses on practical clinical problems that are frequently encountered in stroke rehabilitation. Consequences of diseases, e.g. impairments and activity limitations, are addressed in rehabilitation with the overall goal to reduce disability and promote participation. Based on the available best external evidence, clinical pathways are described for stroke rehabilitation bridging the gap between clinical evidence and clinical decision-making. The clinical pathways answer the questions which rehabilitation treatment options are beneficial to overcome specific impairment constellations and activity limitations and are well acceptable to stroke survivors, as well as when and in which settings to provide rehabilitation over the course of recovery post stroke. Each chapter starts with a description of the clinical problem encountered. This is followed by a systematic, but concise review of the evidence (RCTs, systematic reviews and meta-analyses) that is relevant for clinical decision-making, and comments on assessment, therapy (training, technology, medication), and the use of technical aids as appropriate. Based on these summaries, clinical algorithms / pathways are provided and the main clinical-decision

situations are portrayed. The book is invaluable for all neurorehabilitation team members, clinicians, nurses, and therapists in neurology, physical medicine and rehabilitation, and related fields. It is a World Federation for NeuroRehabilitation (WFNR) educational initiative, bridging the gap between the rapidly expanding clinical research in stroke rehabilitation and clinical practice across societies and continents. It can be used for both clinical decision-making for individuals and as well as clinical background knowledge for stroke rehabilitation service development initiatives. This 2nd edition remains the only comprehensive evidence-based text on the Occupational Therapy management of the stroke patient. The book is based on the most up-to-date research on stroke rehabilitation and presents its content in a holistic fashion, combining aspects of background medical information, samples of functionally based evaluations, and treatment techniques and interventions. There are chapters on specific functional aspects of living after stroke, such as driving, sexuality, mobility and gait, and self-care. Instructor resources are available; please contact your Elsevier sales representative for details. Case studies are featured in every chapter to help the reader understand how concepts apply to the real world. 2 chapters that feature the true stories of stroke victims, presenting occupational therapy situations from the point of view of the patient. Key terms, chapter objectives, and review questions help

students better understand and remember important information. 7 new chapters make this text more comprehensive than ever! *Psychological Aspects of Stroke Rehabilitation Improving Participation and Quality of Life Through Occupation The Task-Oriented Approach to Stroke Rehabilitation Approaches to Motor Control Dysfunction: An Evidence-Based Review Vestibular Rehabilitation and Stroke How Therapists Think: Exploring Clinician's Reasoning When Working With Clients Who Have Cognitive and Perceptual Problems Following Stroke A Survivor's Perspective II: Stroke Reflects the current terminology and categorization used by the WHO and the new AOTA Practice Framework so students will be equipped with the latest standards when they enter the workforce. Updated medication chart presents the latest drugs used in stroke rehabilitation. Outlines accessible techniques for stroke rehabilitation and recovery, in a guide for patients and caregivers that covers such topics as the importance of scheduling task-specific movements, goal setting, and understanding the challenges of each stage of recovery. Original. Billions of dollars are spent on stroke-related rehabilitation research and treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. *Stronger After Stroke* puts the power of recovery in the reader's hands by providing simple to follow instructions*

for reaching the highest possible level of healing. Written for stroke survivors, their caregivers, and loved ones, *Stronger After Stroke* presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. *Stronger After Stroke* bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation. A memoir of reinvention after a stroke at age thirty-three. Christine Hyung-Oak Lee woke up with a headache on the morning of December 31, 2006. By that afternoon, she saw the world—quite literally—upside down. By New Year's Day, she was unable to form a coherent sentence. And after hours in the ER, days in the hospital, and multiple questions and tests, her doctors informed her that she had had a stroke. For months afterward, Lee outsourced her memories to a journal, taking diligent notes to compensate for the thoughts she could no longer hold on to. It is from these notes that she has constructed this frank and compelling memoir. In a precise and

captivating narrative, Lee navigates fearlessly between chronologies, weaving her childhood humiliations and joys together with the story of the early days of her marriage; and then later, in painstaking, painful, and unflinching detail, the account of her stroke and every upset—temporary or permanent—that it caused. Lee illuminates the connection between memory and identity in an honest, meditative, and truly funny manner, utterly devoid of self-pity. And as she recovers, she begins to realize that this unexpected and devastating event has provided a catalyst for coming to terms with her true self—and, in a way, has allowed her to become the person she's always wanted to be. A memoir about how a husband and father's stroke affected him and his family. An inspirational story for anyone struggling with their sense of self following injury, Debra Meyerson's emotionally powerful journey of rebuilding and redefining her identity after suffering a debilitating stroke seeks to let survivors know that they're not alone. A Publishers Weekly Best Book of 1998. "To all concerned, this book is meant to send a ghostly signal across the dark universe of ill-health that says 'you are not alone.'" - Robert McCrum On July 29, 1995, Robert McCrum, 42, married only ten weeks, suffered a paralyzing stroke. Overnight, his life shifted irrevocably. But this admired novelist and former editorial director of the London publishing house Faber and Faber decided to chronicle what became a remarkable journey "into that mysterious,

unexplored territory, the neighbourly world of the unwell," as well as a deeply moving love story. The fifth edition of *Living with Stroke* updates this highly popular guide for patients and families. There are 800,000 strokes each year and this book provides survivors and families with the wide variety of information and resources in one location. It has received widespread praise from professionals and laymen for its clarity and readability. A stroke can alter two people's lives in an instant. For the person who has had a stroke, simple tasks suddenly become difficult or impossible. For that person's partner, life seems to revolve mostly around the stroke survivor's needs. Such a drastic change naturally requires making many, sometimes taxing, adjustments. In this book, two experts in stroke recovery help couples deal with the impact of stroke on their lives and their relationship. Drs. Sara and Jeffrey Palmer explain how to overcome three major challenges: • providing quality care for your partner • maintaining or rebuilding your relationship • caring for yourself as an individual The book invites you into the lives of real couples who are themselves coping with these challenges. Their experiences model how you can improve essential aspects of your relationship, including communication, roles and responsibilities, and sexuality. A list of practical tips summarizes each chapter, providing a handy reference guide to meeting each day's challenges. More than just a discussion of the medical and practical aspects

of stroke and stroke recovery, this book focuses on the emotional, psychological, and social consequences of stroke and the deeply personal side of caregiving. *When Your Spouse Has a Stroke* will relieve your burden and strengthen your partnership. Discusses warning signs, what happens during a stroke, therapy, and the role of the family in treatment. *Restoration of Normal Movement after Stroke* provides a complete practical guide to the techniques and rehabilitation programmes developed by Margaret Johnstone. It gives an insight into the problems of stroke patients and their families, and provides a guide to the therapeutic management of the patient from the onset of stroke to recovery. The importance of a team approach to the restoration of muscle function is strongly emphasised. Stroke doesn't just affect an individual. It impacts everyone who has a relationship with the person who has had the stroke. This title contains information on

stroke. It offers stroke patients and their families, friends, and caregivers the facts and figures on advanced theories of neural plasticity and how the brain repairs itself. An indispensable, sensitive guide for stroke sufferers and those who care for them. According to the U.S. Centers for Disease Control, an American suffers a stroke every forty-five seconds. More than 700,000 Americans each year find themselves struggling to recover from this affliction—and many hundreds of thousands more are there to help them mend. June Biermann, a stroke survivor, and her coauthor—and caregiver—Barbara Toohey, authors of the bestselling *Diabetic's Total Health and Happiness Book*, offer this essential source for those recovering from a stroke and those providing them with support. *The Stroke Book* offers readers: - Clear explanations of the science of this often misunderstood condition - Information on what to expect at the hospital and in rehabilitation -

Analyses of encouraging new developments in stroke therapy, including basic and alternative therapies, and traditional and cutting-edge medications - Advice on coping with complex rehabilitation needs, including adjustments for nutrition, mobility, and everyday living, and on understanding after-stroke emotional and cognitive changes - Suggestions for preventing future strokes - Information on how people recovering from a stroke can reclaim their independence and quality of life—and how caregivers can manage their own stresses and sorrows - Heartening words on keeping hope alive with patience and fortitude, and the curative power of humor - Inspiring stories of the stroke and recovery experiences of well-known individuals With stroke now the leading cause of serious, long-term disability in the United States, Biermann and Toohey's optimistic, user-friendly guide to living well after an attack is a vital tool for recovery.