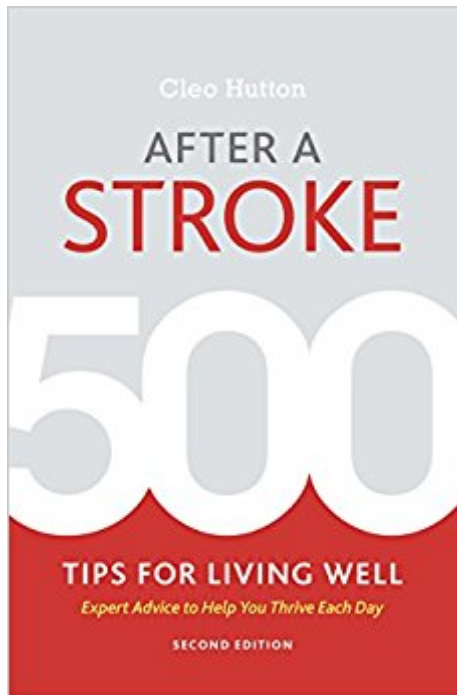




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# After A Stroke: 500 Tips For Living Well



## Synopsis

An essential resource for all stroke survivors and their families and caregivers. Updated and expanded new edition of the popular resource written by a stroke survivor who has spent 24 years helping other survivors live life to the fullest potential. After a Stroke: 500 Tips for Living Well is filled with practical tips and support to help you cope with the lifestyle changes that come in the wake of a stroke. This book will show you how to: Get the medical care you need Integrate robotics and other modern tools to help prevent spasticity and make daily life easier Navigate personal relationships as one partner becomes a survivor and another a caregiver Incorporate alternative and integrative therapies into your recovery Connect with organizations and outreach centers for stroke patients Get the most out of home care Cut through rhetoric with frank, candid, and truthful answers to Frequently Asked Questions The second edition includes three totally new chapters, over 200 more tips, and covers the latest in stroke prevention, medical treatment, and rehabilitation to help survivors transition from being a patient to returning to a life well-lived.

## Book Information

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## Customer Reviews

I have often told my recovering stroke patients about After a Stroke and many have thanked me exuberantly for suggesting it. They and their families have found the tips very helpful in their day to day lives. This completely updated new edition is an unparalleled treasure chest of hints, suggestions, and practical information. • --Louis R. Caplan, MD, Professor of Neurology, Harvard University A down-to-earth resource for people who have sustained a stroke. Whether still

enrolled in therapy or on your own, the chapters are filled with practical and useful information a person can use to navigate life after a stroke.âSheila R. Davidson MS, CCC/SLP, STAR/C, Programs Manager â Rehabilitation Services, Essentia Health" If you have had a stroke or take care of a person with a stroke, you will want this book handy. Full of practical suggestions for daily living, it emphasizes the importance of a can-do attitude, and will help you find a way to solve the challenges that arise."âJordan Grafman, PhD, Director of Brain Injury Research, Rehabilitation Institute of Chicago

Cleo Hutton, Author, Speaker, and Advocate for Stroke Awareness and Recovery Issues  
Cleo Hutton authored *After a Stroke: 300 Tips for Making Life Easier*, Demos Medical Publishing, in 2005, and coauthored, with Louis R. Caplan, MD, *Striking Back at Stroke: A Doctor-Patient Journal*, in 2003. She also contributed to the books *Stroke* by Louis R. Caplan, MD, and *Brain Attack, the Journey Back*, edited by Liz Pearl. Cleo is a 24-year ischemic stroke survivor and has had prior working experience in nursing. Her extensive campaign to spread the word about stroke awareness and recovery has been carried on national radio shows and television broadcasts, including CNN Health, and featured in several magazines, including *Prevention*, *Cerebrum*, and *Stroke Smart*. Cleo is a compassionate speaker who uses her heart, humor, and experience to deliver a message of hope and healing by breaking paradigms rooted in myths and misconceptions concerning stroke. In 2014, Cleo received the 16th Annual Journey Award from Essentia Health Rehabilitation Services at Essentia Health, Duluth, Minnesota. In 2006, she received Northland News Center's Women in Leadership Award. In 1996, she received the American Heart and Stroke Hero Award. At the young age of 50, Cleo graduated with honors from the University of Minnesota Duluth with a major in English and a minor in professional writing and communication. She chose these subjects in order to relearn communication and aid comprehension, reading, and writing skills. The mother of three adult children and a grandmother, Cleo lives in Minnesota with her two Tabby cats, Buddy and Lucy. Cleo is an avid reader who knits and exercises daily. She also volunteers for numerous community services and events. The name, Cleo Hutton, is a pseudonym for medical and family privacy.

## GOOD BASIC BOOK

Great book for one of the most problematic disease! In my opinion, this book must be translated into The Russian language too. This comprehensive guide will be completely useful for all stroke survivors. The author used the vital style of writing connected with herself experience. Moreover, all

new trends in stroke rehabilitation were represented in the book. I like the writing style: the advances and recommendations in the simple style. This book is understandable for all category of people. As a specialist, I can recommend this book for all stroke survivors, who want to improve his life quality.

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