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My Year Off

RECOVERING LIFE AFTER A STROKE

ROBERT MCCRUM

My Year Off Rediscovering Life After A Stroke Hardcover

Avrel Seale



My Year Off Rediscovering Life After A Stroke Hardcover:

My Year Off Robert McCrum, 1998 *My Year Off* is a story of hope written with the sort of candor and detail that has been missing in the literature of strokes up to this time. It is as well a grown up love story of the most realistic and hence inspiring kind. *My Year Off* Robert McCrum, 1998-09 A frank and moving memoir of the stroke that felled the author at his peak of vigor and achievement. *I Survived 12+ Years After a Stroke and You Can Too* Gopi A Tejawani Ph D, 2020-09-30 Dr Gopi A Tejawani is an Associate Professor Emeritus and the ex Vice Chair in the Department of Pharmacology College of Medicine The Ohio State University OSU. He received his Ph D in biochemistry from the All India Institute of Medical Sciences AIIMS in New Delhi in 1973 and subsequently traveled to the United States for his postdoctoral training. Dr Tejawani has been on the faculty of OSU in Columbus since 1976 where he has done research in neuropharmacology and has taught graduate undergraduate and medical students. Dr Tejawani has published more than 80 original research papers in biochemistry enzymology neuropharmacology and medical education. He has presented his research work at international meetings in more than 20 countries. More than two dozen graduate students postdoctoral fellows and faculty members have received training in his laboratory. After working for thirty six years at OSU Dr Tejawani retired on July 1 2012. He is presently Associate Professor Emeritus at the Department of Biological Chemistry and Pharmacology College of Medicine. He still teaches a course at the university every year. In the twilight years of his illustrious career he was felicitated with numerous teaching awards at OSU some of the recent awards are as follows: Excellence in Teaching Award College of Medicine OSU 2002 2005 2008 2011 Teaching Incentive Award College of Medicine 2004 2006 2008 Alumni Faculty Teaching Award College of Medicine OSU 2006 Distinguished Educator Award College of Medicine OSU 2007 Excellence in Teaching Award IP Committee College of Medicine 2009. Dr Tejawani currently resides in Dublin Ohio with his wife Sarla Tejawani. He can be reached at gopitejawani gmail com. **With One Hand Tied behind My Brain** Avrel Seale, 2020-11-17 Most would not expect a book about a stroke to be entertaining but this memoir will force you to laugh through a tragedy then cry then laugh again. Avrel Seale was fifty did not smoke or drink had low blood pressure and had hiked more than two hundred miles the year a stroke nearly ended his life. In an instant he was teleported into the body of an old man unbalanced shaky spastic and half paralyzed. Overnight he was plunged into a world of brain surgeons nurses insurance case managers and an abundance of therapists. Beginning three weeks before his stroke to set the stage Seale leads us through the harrowing day of his stroke and emergency brain surgery with minute by minute intensity. We then follow him through ICU a rehab hospital and a neuro recovery group living center where we meet a memorable cast of other stroke survivors and also those recovering from auto accidents and gunshots. Finally home Seale leads us through a new life of firsts including returning to work to driving to playing guitar to camping and even to writing a book all with one hand. What emerges from his humor elegant but devastating is a revealing critique of the hospital experience the insurance industry and rehab culture. And his nothing off the

table quest for recovery shows both the sobering struggles and inspiring possibilities of life after a stroke in twenty first century America

Identity Theft Debra Meyerson, Danny Zuckerman, 2019-05-14 Winner of the 2019 Silver Nautilus Book Award *Identity Theft* centers on Debra's experience her stroke her extraordinary efforts to recover and her journey to redefine herself But she also draws on her skills as a social scientist sharing stories from several dozen fellow survivors family members friends colleagues therapists and doctors she has met and interviewed By sharing this diversity of experiences Debra highlights how every person is different every stroke is different and every recovery is different She provides a valuable look at the broad possibilities for successfully navigating the challenging physical recovery and the equally difficult emotional journey toward rebuilding one's identity and a rewarding life after a trauma like stroke

From Stroke to Recovery My Walk with God Ms. Kim Blackwell, 2019-03-29 *From Stroke to Recovery My Walk with God* is the story about a 51 year old active independent healthy Christian woman who was doing what she loved She was running an art business and working with a travel company On October 8 2008 she suffered a massive stroke and her life would change forever The word recovery represents not just getting back her physical body but obtaining the things she would need to get her life back She tells of her miraculous recovery and her faith and trust in God knowing that he would get her through the many challenges she would face to get the aid and assistance that she had worked many years for It was through her determination and perseverance that she continued to endure until she obtained everything she needed to make her whole again This book will provide insight into the process of recovery and help others avoid the unnecessary pit falls that kept her from obtaining what she needed to get her life back The key to a successful recovery is you You must have the desire courage and will to get better Your attitude must always be of gratefulness You must be motivated to do what you are told to do You must accept your new life always remembering how blessed you are to be alive Finally recovery can not be done alone you must believe in God and stay in his word daily

A Stroke of Genius Sandy Simon, 2014-05 This book's first edition was written after my six year odyssey following my stroke The doctors said if I did not die I would be completely incapacitated physically mentally and emotionally They said I had lost 45% of my brain and was declared 100% disabled for life Somehow I found a way to healing and thriving as a human being This extended second edition has added information on my eleven additional years of successful therapies which have helped me fulfill my life beyond my dreams This edition includes my mentoring with other stroke survivors who have contacted me after they read the first edition

Between Heaven and Hell David Talbot, 2020-01-14 Acclaimed writer bestselling author and founder of Salon magazine David Talbot has brought us masterful and explosive headline breaking stories for over 25 years with books like the New York Times bestsellers *Brothers The Devil's Chessboard* and nationally recognized *Season of the Witch* Now for the first time journalist and historian David Talbot turns inward in this intimate journey through the life changing year following his stroke a year that turned his life upside down and ultimately saved him A portrait of how a health crisis can truly shift one's perspective on life and

purpose Includes insider stories on the wild early days of Internet journalism tech culture and Hollywood Powerful storytelling of the physical emotional and psychological impact a stroke has had on the author s identity Fans of My Stroke of Insight The Devil s Chessboard and Season of the Witch will love this book This book is perfect for Fans of David Talbot Anyone dealing with or recovering from health issues particularly stroke or brain injury and looking for insight and inspiration Gen Xers and baby boomers who understand their risk for stroke Entrepreneurs scared of burnout *After a Stroke* Cleo Hutton,2009-11 The American Stroke Association estimates that about 4 800 000 stroke survivors are alive today and about 700 000 people suffer a new or recurrent stroke each year *After a Stroke 300 Tips for Making Life Easier* is addressed to this wide audience Because hospital stays after a stroke are often short compared to the lengthy period of rehabilitation and gradual return of function *After a Stroke* concentrates on the home recovery process after a stroke and assists those patients and their families in attempting to grow from patient back to person The author a twelve year stroke survivor and nurse gives readers tips she learned and used herself during her recovery She addresses topics such as communication emotional liability safety issues personal care relaxation techniques and intimacy issues The tips included in this book cover everything from dressing hair care cooking and airline travel to using a computer and alleviating pain Many activities that we take for granted can become a challenge after surviving a stroke *After a Stroke* describes in detail how to accomplish daily living routines combat fatigue enjoy recreational activities and how to turn stroke deficits into assets The book frankly discusses self esteem issues and using humor as a healing tool No subject is off limits Hutton leaves no gaps in relating what families and fellow stroke survivors need to know to live a full life post stroke With over 300 tips to assist stroke survivors this book offers tried and true methods for coping with the aftermath of a stroke It is a very useful reference guide and can be read in sections depending on the reader s area of interest The book s mission is to foster independence for people living with stroke and promote healing through a positive outlook *After a Stroke* is an essential tool for all stroke survivors and their families *After the Stroke* Mark McEwen,Daniel Paisner,2009-05-05 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 **Sorry to Report. Opportunities Keep Ending!** Paul Frendo, 2017-01-17 At 48 I was living the dream owned a couple of businesses doing what I loved thought I was invincible Then the stroke happened now at 51 with my old life and normal gone I had a choice to make Find my new normal or be left behind Life doesn't stop because you do This book is a story of hope from stroke survivors just like you that lend their advice on how to find your new normal God speed on your journey **Identity Theft, Second Edition** Debra E. Meyerson, Steve Zuckerman, 2025-09-16 Identity Theft Second Edition is an award winning book that follows Stanford professor Debra Meyerson's journey to recover from a severe stroke that initially left her physically incapacitated and unable to speak In addition to providing realistic expectations for the hard work needed to regain everyday capabilities Meyerson and Zuckerman focus on the less frequently documented emotional journey as she and her family rebuild identity in recovery Virtually every stroke survivor is haunted by questions like Who am I now and How do I rebuild a meaningful and rewarding life after losing so much of what they had before capabilities careers and jobs relationships and more This is a book full of hope for survivors from stroke or other life changing injuries or illnesses as well as their care partners families and communities The first edition of Identity Theft centers on Debra's experience her stroke her extraordinary efforts to recover and her journey to redefine herself But she also draws on her skills as a social scientist sharing stories from several dozen fellow survivors family members friends colleagues therapists and doctors she has met and interviewed By sharing this diversity of experiences Debra highlights how every stroke is different and every recovery is different She provides a valuable look at the broad possibilities for successfully navigating the challenging physical recovery and the equally difficult and frequently unspoken emotional journey toward rebuilding one's identity and a rewarding life after a trauma like stroke This second edition is written by Debra and her husband Steve Zuckerman As they have shared in countless talks Just as the original book was headed to the printers we decided that the finish line had become a new starting line They co-founded the nonprofit Stroke Onward where they have been working side by side to build an organization that can catalyze change in the healthcare system to better integrate the emotional journey of rebuilding identity into a lifelong recovery process This edition draws on five more years of experience as a post stroke couple and what they've learned from thousands more survivors family members and healthcare professionals They've added new insights about the long term recovery process and how we can change the stroke system of care to better support all survivors and their families Their 4500 mile bike ride called Stroke Across America in 2021 helped raise awareness for Stroke Onward and stroke survivorship care With One Hand Tied Behind My Brain Avrel Seale, 2020-11-20 Most would not expect a book about a stroke to be entertaining but this memoir will force you to laugh through a tragedy then cry then laugh again Avrel Seale was fifty did not smoke or drink had low blood pressure and had hiked more than two hundred miles the year a stroke nearly ended his life In an instant he was teleported into the body of an old man unbalanced shaky spastic and half paralyzed Overnight he was

plunged into a world of brain surgeons nurses insurance case managers and an abundance of therapists Beginning three weeks before his stroke to set the stage Seale leads us through the harrowing day of his stroke and emergency brain surgery with minute by minute intensity We then follow him through ICU a rehab hospital and a neuro recovery group living center where we meet a memorable cast of other stroke survivors and also those recovering from auto accidents and gunshots Finally home Seale leads us through a new life of firsts including returning to work to driving to playing guitar to camping and even to writing a book all with one hand What emerges from his humor elegant but devastating is a revealing critique of the hospital experience the insurance industry and rehab culture And his nothing off the table quest for recovery shows both the sobering struggles and inspiring possibilities of life after a stroke in twenty first century America AVREL SEALE lives in Austin with his wife Kirstin and three sons He has been a newspaper reporter and columnist and has spent much of his career at the University of Texas at Austin as editor of its alumni magazine speechwriter for its president and as a writer for its news marketing and development offices

Grace in the Driver's Seat Dan Jayroe, 2024-12-29 *Grace in the Driver's Seat Finding Faith After a Stroke* is an inspiring memoir about resilience faith and recovery After experiencing a life altering stroke Author Name shares their heartfelt journey of rediscovering purpose reclaiming independence and finding hope in the face of adversity Through moments of struggle and triumph this story reveals the healing power of faith and the strength of the human spirit Whether it's learning to navigate life after a stroke or embracing grace in the most challenging circumstances this book is a testament to overcoming life's detours with courage and determination Perfect for readers searching for inspirational recovery books stroke survivor stories or spiritual growth journeys *Grace in the Driver's Seat* offers a profound reminder that every setback can lead to a comeback

After a Stroke Cleo Hutton, 2016-08-10 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 Become familiar with 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 five totally new chapters 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

The Stroke Book June Biermann, Barbara Toohey, 2005-03-03 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

After the Stroke of Midnight Robert F. Smith, 2011-05-23 I do not claim to be an expert but living with stroke since 1990 has taught me many things about life I hope that as you read this book you will share some of my findings and perhaps gain the understanding that there is life following a stroke People have inspired me in ways that made me realize that no one has to face any crucial medical emergency alone Many stories of their adventures have shown me how to guide my own life through the ups and downs of a daily routine It is my desire that one can understand my situations in a way so as to help them deal with the problems they may face or are facing I remind you that these are only my opinions or circumstances each individual situation varies but in the resolution of any problem the methods from many sources may help I only hope some comfort and knowledge may be gained from my walk through life

Before, Afdre, and After Maureen Twomey, 2015 When Maureen Twomey was only thirty three years old she experienced a massive stroke one that took away her ability to read write walk and even speak But she wasn't about to go down without a fight In *Before Afdre and After* Twomey offers a sometimes heartbreaking sometimes comical and ultimately inspiring glimpse at what it is to lose everything when you're supposed to be in the prime of your life and what it takes to get it back piece by tiny piece

Life After Stroke Jeff Kagan, 2011-03 Jeff Kagan has appeared on Fox News CNN CNBC PBS ABC NBC and CBS as well as dozens of other radio and television stations newspapers and magazines and on the web Visit him on the web at www.jeffkagan.com

During his recovery from stroke Jeff Kagan and his family had so many questions They searched for answers but found few Now after seven years of recovery Jeff Kagan decided to write a book with the questions and the answers he was searching for He wrote this book to help others better understand their new world after stroke and the journey ahead This is that book Is your glass half full or half empty Your answer to this question will tell you in advance what kind of journey your next few years will be This question and many

more are discussed in this book Belief in yourself and in your recovery and a positive attitude is what really matters along with a loving and supportive family and friends LIFE AFTER STROKE is written from one stroke survivor to another and for family and friends It is full of laughter and tears ups and downs and the important lessons learned and the questions answered through the long battle toward recovery Embracing Life After My Stroke Corinne Chapman, 2021-02-25 Philippe Guglielmetti a serial entrepreneur and stroke survivor takes us with him on the five first years of his journey to recovery Paperback includes pictures illustrating his journey and a list of the products that helped him

Decoding **My Year Off Rediscovering Life After A Stroke Hardcover**: Revealing the Captivating Potential of Verbal Expression

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