



My Stroke .Just Get on with It.: A Very Personal Experience (Paperback)

By MR Chris Dale

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book follows the terrifying experience of having a stroke and the remarkable journey made towards recovery; living with the aftermath; and the battle to keep a positive frame of mind, as seen from the victim, his partner and some views from his friends. It is based on an actual true experience of the author, but all the names and characters have been changed to protect identities. This actually happened and it commences with the period leading up to the stroke, it describes what the author went through during the attack, and his mental -physical and sheer determination to recover from his ordeal and get back to as normal a life as he could. He had to learn how to walk, talk, eat and see again as he suffered a Medulla infarct of the left side. The dramatic element is he and his partner had to postpone their wedding day due ten days after the stroke, but succeeded a year later. So this is a story of a journey before during and after and how he found life again.

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Reviews

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