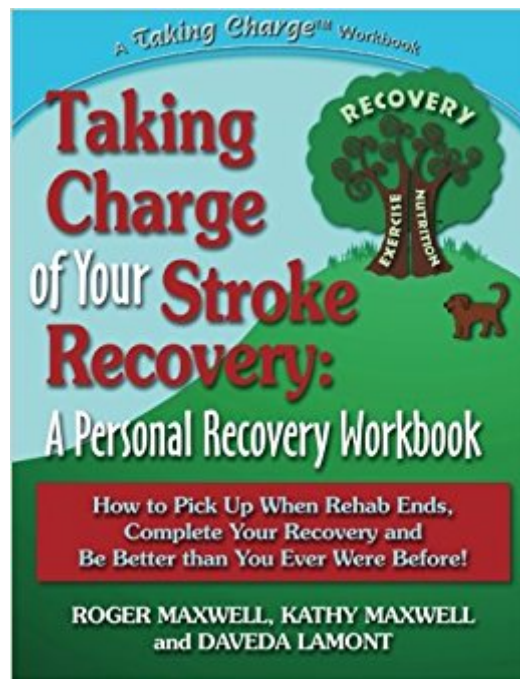




The book was found

Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook



Synopsis

A groundbreaking recovery method for stroke survivors who don't want to give up on life! Many stroke patients are sent home with lingering disabilities and told they can do nothing more. But there really are no limits on how fully they can recover--if they do the right things. This innovative workbook presents simple, effective, scientifically based recovery plans to help stroke survivors become capable and active again. They help you recover your ability to walk, speak, think, use your hands, swallow and see better. A nutritional plan helps your brain and body heal. Weekly and daily worksheets let you to track your progress for 3 months. There is plenty of work involved--but you will be in charge and there is no limit to how much you can achieve. Author Roger Maxwell researched this effective home-based recovery program after his own stroke. Through his own efforts he fully recovered. He is a full-time patent attorney and an avid marathon runner.

Book Information

Series: Taking Charge

Perfect Paperback: 336 pages

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Customer Reviews

Almost 20 years ago I was graduated from physical therapy and told there would be no further improvement. So glad times have changed. I like that the book does not accept limits on the extent of potential recovery or the time within which recovery can still occur. Breaking down exercises into parts that can be accomplished and intensified with a workbook for setting goals, recording compliance, and measuring results seems like a good way to develop a habit of working towards recovery consistently. The records should be positive reinforcement of achievements that might seem minimal except when viewed over time in a log. I haven't started the suggested program yet, but the book and the potential for recovery inspire me to concentrate and implement on a plan for

recovery.

I found the exercises in this book to be too hard for me. I have regained a lot of function, but still have a lot of weakness on the left side. This is not a criticism of this book - just a note that you must have a lot of function - if not, it's very frustrating.

This Book Has A lot Of Good Ideas That I Am Using For My Husband Thanks

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