



The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them

By June Biermann, Barbara Toohey

[Download now](#)

[Read Online](#) 

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey

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.

 [Download The Stroke Book: A Guide to Life After Stroke for ...pdf](#)

 [Read Online The Stroke Book: A Guide to Life After Stroke fo ...pdf](#)

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them

By June Biermann, Barbara Toohey

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey

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.

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey **Bibliography**

- Rank: #782167 in Books
- Published on: 2005-03-03
- Released on: 2005-02-17
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .64" w x 5.50" l, .55 pounds
- Binding: Paperback

- 256 pages

 [Download The Stroke Book: A Guide to Life After Stroke for ...pdf](#)

 [Read Online The Stroke Book: A Guide to Life After Stroke fo ...pdf](#)

Download and Read Free Online The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey

Editorial Review

About the Author

June Biermann and **Barbara Toohey** are the authors of the bestsellers *The Diabetic's Book* and *The Diabetic's Total Health and Happiness Book*, as well as seven other health books. They live in California.

Users Review

From reader reviews:

Jeremy Scott:

Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a reserve. Beside you can solve your problem; you can add your knowledge by the book entitled The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them. Try to stumble through book The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them as your buddy. It means that it can to be your friend when you feel alone and beside that course make you smarter than ever before. Yeah, it is very fortuned to suit your needs. The book makes you much more confidence because you can know every little thing by the book. So , we should make new experience and knowledge with this book.

Robert Nguyen:

In this 21st century, people become competitive in every single way. By being competitive right now, people have do something to make these survives, being in the middle of typically the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yes, by reading a reserve your ability to survive improve then having chance to stand than other is high. To suit your needs who want to start reading the book, we give you this kind of The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them book as beginning and daily reading guide. Why, because this book is usually more than just a book.

Derek McCaleb:

This The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them tend to be reliable for you who want to become a successful person, why. The key reason why of this The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them can be one of many great books you must have is usually giving you more than just simple looking at food but feed you with information that perhaps will shock your preceding knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions both in e-book and printed kinds. Beside that this The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them giving you an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that could it useful in your day exercise. So , let's have it and enjoy reading.

Michael Madden:

As a scholar exactly feel bored to help reading. If their teacher asked them to go to the library in order to make summary for some guide, they are complained. Just minor students that has reading's heart and soul or real their interest. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading very seriously. Any students feel that reading is not important, boring and also can't see colorful pictures on there. Yeah, it is to get complicated. Book is very important for you personally. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. So , this The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them can make you really feel more interested to read.

Download and Read Online The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey #KIW8FOZCN4X

Read The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey for online ebook

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey books to read online.

Online The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey ebook PDF download

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey Doc

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey MobiPocket

The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them By June Biermann, Barbara Toohey EPub