

# Stroke Survivor: A Personal Guide to Recovery

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# Reviews

It in a single of the best pdf. Better then never, though i am quite late in start reading this one. I realized this ebook from my dad and i encouraged this publication to understand. (Major Thompson)

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### STROKE SURVIVOR: A PERSONAL GUIDE TO RECOVERY



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Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Stroke Survivor: A Personal Guide to Recovery, Andy McCann, 'Having had a stroke aged 37 years, Andy McCann has written this clear, easily readable account of his experiences, showing insight and the value of his learning along his personal journey. This book would be invaluable for any health professional, including technicians and students, with any level of experience, to increase his or her knowledge and awareness of a patient's perspective, and would act as a useful departmental resource. Stroke survivors and carers would also benefit, particularly when needing to participate in a rehabilitation goal setting programme.this book is educational and motivational, and has an excellent practical section which could be an inspirational read for professionals, patients and carers.' - British Journal of Occupational Therapy 'Andy says 'I hope that reading this book has proved to be an uplifting, interesting and at times educational experience.' It certainly was for me; I read it in 3 days, and at times could not put it down.' - The Acquirer (Acquired Brain Injury Newsletter) 'Andy McCann tells his own story of experiencing a sudden stroke at the age of 37. The book is both a personal story and a practical source of advice and information on the topic of stroke. Issues covered range from managing financial security and understanding medical terminology, to coming to terms with a new sense of vulnerability and dealing with the attitudes of friends and family. The book also offers advice on establishing a healthier and more balanced lifestyle in order to prevent strokes.' - Headway News 'It is an inspirational, yet offers practical information for anyone concerned with the stroke recovery journey. Andy's personal story is poignant and informative. He presents an informed understanding of the anatomy, physiology and pathophysiology of stroke....

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