

## AphasiaNZ Resource Library: Books for Loan

	Title	Author / Editor	Date Published	Country of Origin	Details about the Book
1	100 Questions and Answers About Stroke: A Lahey Clinic Guide	Kinan K. Hreib, M.D., PH.D.	2009	USA	<i>(This book has been reviewed by an AphasiaNZ Trustee.)</i> This is a resource book with an American bent that covers most aspects of stroke. I think it's quite up to date and well referenced. But - there is a lot of medical information and the language is high level. Most of the example cases involve young people. The section on rehabilitation is extremely brief. Aphasia is not covered in any depth.
2	A Caregiver's Guide to Dementia: What if it's not Alzheimer's?	Lisa Radin and Gary Radin	2003	USA	A book of four parts. Part one defines and explores FTD (Frontotemporal Dementia) as an illness distinct from Alzheimer's disease. Part two focuses on managing care and examines daily routines, including nutrition, exercise, socialisation, adapting the home environment and behavioural issues. Part three centres on caregiver resources, and identifies professional and government assistance programs along with private resources and legal options. Part four stresses the need for caregivers to take care of themselves as well as their loved ones with FTD.
3	A Chance to Live	Henrietta Tavistock and Angela Levin	1991	UK	Lady Tavistock tells of her own life, her spoilt and loving childhood, her friendship with her husband from the age of three, their life together - until the moment her husband's devastating stroke occurred in February 1998. This is a story of the family's battles, first to save Lord Tavistock's life and then to rebuild it, while confronted with the enormous responsibility of Woburn and the Bedford Estates.
4	After a Stroke: A Support Book for Patients, Caregivers, Families and Friends	Geoffrey Donnan, M.D. and Carol Burton	1990	Australia	<i>(This book has been reviewed by an AphasiaNZ Trustee.)</i> This book gives an overview of areas impacted by stroke, information about the health team and information about traditional and complementary therapies in a straight forward and easy to understand way. The details are minimal and if you are looking for a more comprehensive overview and more specifics you will need to look for other reading material written from a more in-depth perspective.
5	After Stroke: Enhancing Quality of Life	Wallace Sife, Ph.D.	1998	USA	Medical advice, practical survivor techniques, information about resources, and personal stories of triumph to help those who have experienced a stroke attain the highest quality of life possible.

6	After the Stroke: A Journal	May Sarton	1997	UK	A record of the writer's fight back to health and independence after she suffered a stroke at the age of 75.
7	Aphasia, My World Alone	Helen Harlan Wulf	1979	USA	<i>(This book has been reviewed by an AphasiaNZ Trustee).</i> A detailed and very personal account of the author's experience of aphasia following a stroke. Gives lots of insight into the patient perspective. Useful for SLTs and caregivers but complex language not suitable for those with aphasia. Note that her stroke was in 1973, and attitudes and treatment have changed a great deal since then.
8	Barkin' Dog: How to Talk with Aphasia	Ed Bas	2004	USA	Recommended for people who have aphasia and their families. The writer discusses reading, writing, exercise, diet, medicine, computers/software, contacts, suffering and loving for stroke victors. The writer had a stroke in June 2002.
9	Brain, Health Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurysm, and Traumatic Brain Injuries	Madonna Siles	2006	Canada	<i>(This book has been reviewed by an AphasiaNZ Trustee).</i> As told by the friend and caregiver of a 55 year old woman who suffered a subarachnoid haemorrhage resulting in global cognitive dysfunction. Aphasia features very little. The account is very personal and there is a quasi-religious / psychological perspective on the role of the subconscious in recovery, which might appeal to some readers.
10	By His Side: Life and Love After Stroke	Eileen Steets Quann	2002	USA	A story of determination, hope, patience and love as John Quann aged 59 and his wife Eileen work together to recover from John's catastrophic stroke. This book explores the difficult decisions that must be made and the wide range of emotions experienced by the spouse-caregiver.
11	Celebrate: Stories of Recovery	L Cato, E Stubbs and M Dramann	Unknown	Australia	10 women recount their journeys of recovery following acquired brain injury.

12	Conquering Stroke: How I Fought My Way Back and How You Can Too	Valerie Greene	2008	USA	<i>(This book has been reviewed by an AphasiaNZ Trustee).</i> This is the story of a woman who had a stroke aged 31. Valerie gives information about stroke and available treatments, as well as documenting her journey of recovery. This book is inspirational in terms of her recovery from a life-threatening stroke, but many of the resources and issues discussed are specific to the USA. Valerie also had an unusual stroke (affecting her brainstem) and was very young and fit when the stroke happened, so caution should be exercised when extrapolating from her reported experience. She tried a number of experimental treatments, many at the same time, and it is difficult to know without doubt which of these may have had benefit. Valerie is now a motivational speaker.
13	Exercises For Stroke: The Complete Program for Rehabilitation Through Movement, Balance, and Coordination	William Smith, M.S.	2010	USA	Includes customised exercises for men and women who are recovering from a stroke or are at risk of having a stroke. Also includes information about the causes of strokes, how the body is affected by a stroke, and how exercise can safely supplement any treatment or rehabilitation plan. Has clear pictures of safe and effective exercise, detailed instruction on how to perform each exercise, and a training log to track progress.
14	For the Record	Denis Knight	2011	New Zealand	Memoirs and stories from Denis who suffered a stroke in 2008. Denis is a born and bred West Coaster and taught in various primary schools throughout NZ for over 55 years.
15	Healing Into Possibility: The Transformational Lessons of a Stroke	Alison Bonds Shapiro	2009	USA	An uplifting look at the neuroplasticity of our brains and our human ability to grow and change. Chronicles the writer's experience of learning, through trial and error, that her attitude would play the most important role in her recovery.
16	How to Conquer the World With One Hand...and an Attitude	Paul E. Berger and Stephanie Mensh	2002	USA	Follow the writer's journey from the day of his stroke; his fight to live; his stubborn determination to return to work; his joy in testing his physical limits; getting lost in a coal mine; traveling to Europe; finding jobs, losing jobs; lobbying Congress; and over-coming speech problems to share his feelings.
17	It's All in the Mind: My Story of Self-Help and Stroke Recovery	Roger Lampen	2009	New Zealand	Roger Lampen's personal story of having a stroke while cycling in the Himalayas, and his path towards rehabilitation and to finally getting back on his bike. He explains the practical programmes he developed to stimulate his recovery and maintain the momentum needed for on-going improvement. Additional information for carers is included.

18	Life After Stroke: A Guide for People with a Stroke and their Families	Stroke Foundation of NZ	2004	New Zealand	A resource for people with a stroke, their families and caregivers, and all who come in contact with the stroke community. The causes, nature, and effects of stroke are explained in simple language.
19	Man, Dog, Stroke: Musings of a Deeside Whippet and his Master	Eric Sinclair	2011	UK	The story of the writer's experience of the devastating effects of a major stroke in 2004 and his attempts to recover from it. It is also the story of a dog's experience of life with unpredictable, irrational human beings and his attempts to deal with all of that.
20	Momma, Just Shake It!	Rachel Eagly	2012	USA	An endearing tale of a young mother overcoming substantial challenges to provide for her young son. Shortly after giving birth, Rachel suffered a stroke, further compounded by aphasia.
21	My Stroke of Insight: A Brain Scientist's Personal Journey	Jill Bolte Taylor, Ph.D.	2006	USA	A valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.
22	My Stroke of Luck	Kirk Douglas	2002	USA	A candid and heartfelt memoir of the life of Kirk Douglas. The writer reveals the incredible physical and emotional toll of his stroke and how it changed his life for the better.
23	My Stroke: 450 Days from Severe Aphasia to Speaking, Reading and Writing	Donald F Weinstein Ph.D.	2008	USA	A chronology of the monthly activities, feelings and thoughts after the writer's stroke and the assistance he received from professionals, loved ones and supporters.
24	My Year Off: Rediscovering Life After a Stroke	Robert McCrum	2008	UK	The story of the writer's stroke at the age of 42. An account of his anger, despair, and frustration; his violent mood swings; and his gradual recovery of sensation, movement, confidence and self-esteem. The writer had significant aphasia.
25	Pathways: Moving Beyond Stroke and Aphasia	Susan Adair Ewing and Beth Pfalzgraf	1990	USA	Readers are taken on a personalised, readable journey through the lives and recoveries of six stroke victims and their families.
26	Portrait of Aphasia	David Knox	1985	USA	A personal account of the recovery of a stroke victim told with clarity and sensitivity by her husband.

27	Recovery with Aphasia: The Aftermath of My Stroke	C. Scott Moss	1972	USA	How the writer and his wife reacted to the writer having a near-fatal stroke; their frantic searching for professional guidance; and what they did through repeated trials to combat the thought and language disabilities.
28	Return to Ithaca: A Woman's Triumph Over the Disabilities of a Severe Stroke	Barbara Newborn	1997	UK	Barbara Newborn takes the reader inside the body and mind of a 22 year old student teacher who suddenly and inexplicably has a stroke. Her book engages the reader in a journey to generate a new self.
29	Slimline Secrets: After Stroke	David M. Hinds	2011	UK	A motivational self-help book. David, an award-winning stress management consultant, suffered two major strokes in 1995. He adapted his stress management techniques to make the best recovery available.
30	Stroke Diaries: A Guide For Survivors and Their Families	Olajide Williams, M.D.	2010	USA	Personal and moving stories blended with medical commentary based on first-hand clinical experience of the writer. Practical tips on preventing strokes with specific lifestyle prescriptions for recognising the different forms of strokes, managing symptoms after, and overcoming the psychological burden.
31	Stroke Survivor: A Story of Hope	Rosella and Don Kvernen	2012	USA	In 1991 at age 40 Don, a psychologist, had a stroke, leaving him with permanent physical disabilities and significant aphasia. Don and Rosella's attempts to handle devastating circumstances and compensate for enormous losses are described.
32	Strokes: What Families Should Know	Elaine Fantle Shimberg	1990	USA	For any family dealing with a survivor of stroke, here are the facts. Includes information on who in your family might be stroke-prone; how to ease the patient's transition out of the hospital and back into the home; how you can help in the rehabilitation process.
33	Stronger After Stroke: Your Roadmap to Recovery	Peter G. Levine	2009	USA	<i>(This book has been reviewed by an AphasiaNZ Trustee).</i> Written for people who have had a stroke and their caregivers and focuses on the on-going work of rehabilitation and the caregivers work of facilitating the on-going work of recovery as a full time job. It practically explains techniques in regard to plasticity (how brain structures, and the brain itself, can change from experience) so that therapy can continue post discharge in the client's own home, along with general health information.

34	Talking About Aphasia: Living with Loss of Language after Stroke	Susie Parr, Sally Byng and Susan Gilpin	1997	UK	This book is about living with aphasia. Drawing on in-depth interviews with fifty aphasic people, it explores the experience of aphasia from the dramatic onset of stroke and loss of language to the gradual revelation of its long-term consequences. Told from the perspective of aphasiac people themselves.
35	The Accidental Carer: 100 Tips For Meeting the Challenges When Caring For a Stroke Survivor	Nicole Banerji	2009	UK	100 hints and tips for anyone who is caring for a loved one after stroke. It covers commonly encountered challenges such as getting information from professionals, dealing with emotions, and living with self doubts. Practical and realistic advice to help carers overcome or avoid frustrations.
36	The Man Who Lost His Language: A Case of Aphasia	Sheila Hale	2007	USA	The story of Sheila Hale's husband, John Hale, who was a very prestigious scholar who suffered a stroke and lost speech formation abilities. Sheila explains the symptoms and mechanics behind aphasia and speech formation. She also adds in the emotional components of dealing with a person with aphasia and how to be patient with the speech and communication.
37	The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them	June Biermann and Barbara Toohey	2005	USA	Written by a stroke survivor and her caregiver. A resource for those recovering from stroke and those providing them with support.
38	The Stroke Recovery Book: A Guide For Patients and Families	Kip Burkman, M.D.	2010	USA	The writer provides answers to some of the most commonly-asked questions about stroke such as types of strokes and how they occur; speech and language impairments; possible changes in vision, personality, emotions, intellect, and behaviour.
39	Voices: The Story of the Stroke a Chord Choir	Alli Spoor	2012	Australia	A collection of stories which details the personal journey of each choir member as they face their new-found situation with courage, strength and determination. The choir was created for stroke survivors experiencing language difficulties in Melbourne, Australia.
40	When Your Spouse Has a Stroke: Caring For Your Partner, Yourself, and Your Relationships	Sara Palmer, Ph.D. and Jeffrey B. Palmer, M.D.	2011	USA	Two experts in stroke recovery help couples deal with the impact of stroke on their lived and their relationship. Three major challenges are explained. 1) Providing quality care for your partner 2) Maintaining or rebuilding your relationship 3) Caring for yourself as an individual.