

# BOOKS ABOUT STROKE

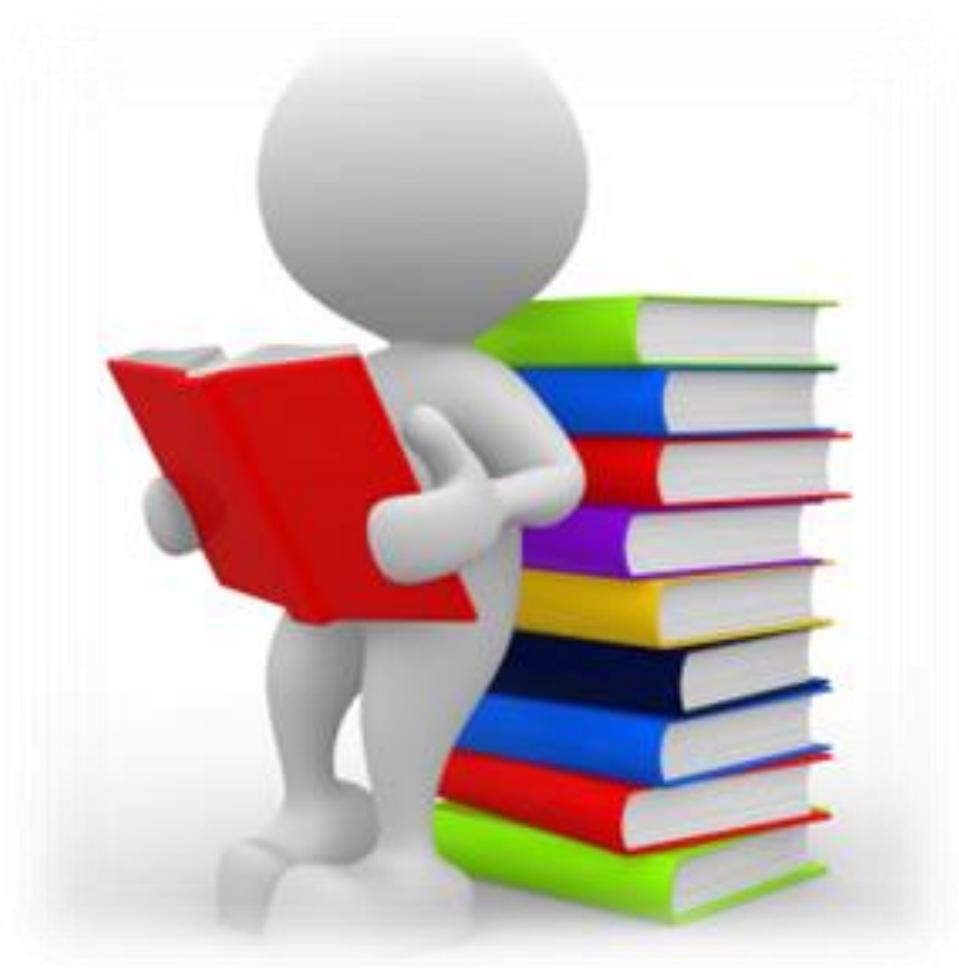
## AphasiaNZ Resource Library

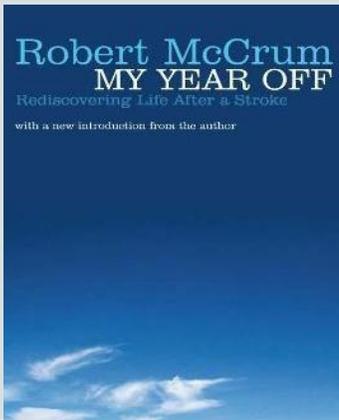
Friends of AphasiaNZ can borrow items from the library for up to 6 weeks.

For more information, please contact:

Email: [admin@aphasia.org.nz](mailto:admin@aphasia.org.nz)

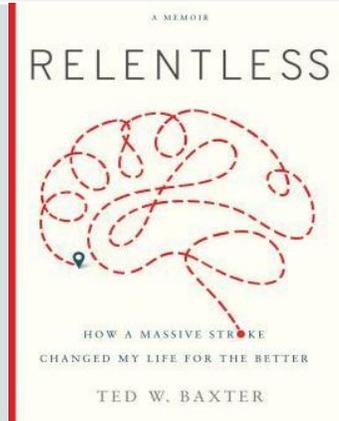
Phone: 0508 274 274.





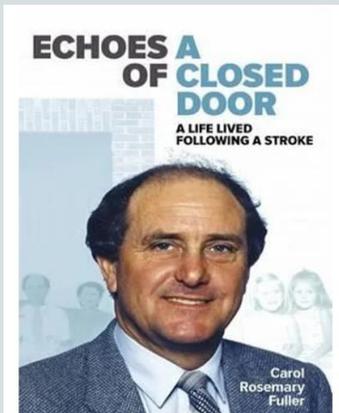
### **My Year Off: Rediscovering Life After a Stroke – by Robert McCrum**

The story of the author's stroke at the age of 42 and having significant aphasia. An account of his anger, despair, and frustration; his violent mood swings; and his gradual recovery of sensation, movement, confidence and self-esteem.



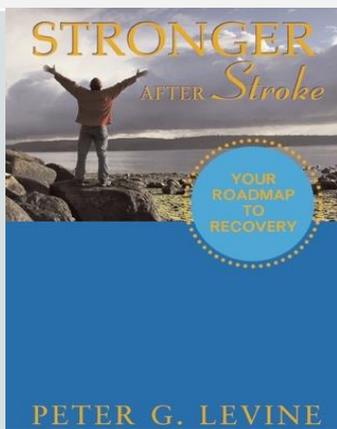
### **Relentless: How a Massive Stroke Changed my Life for the Better – by Ted W. Baxter**

The author survives an extensive stroke in 2005 and devotes himself to making the fullest recovery possible. The process is truly remarkable. He regained his ability to walk, talk, and live fully. His focus, motivation, and successful reestablishment of neurological function are a testament of the human spirit.



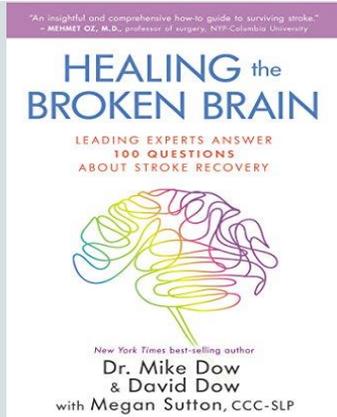
### **Echoes of a Closed Door – by Carol Rosemary Fuller**

The author shares the inspirational 21-year journey of supporting her husband, Clive, after a debilitating stroke at age 50. Despite severe challenges like aphasia, hemiplegia, and depression, Carol embraced her dual role as wife and carer, focusing on positivity and resilience. The book offers a personal perspective on the profound impact of a stroke and how the couple found ways to live a meaningful life together, despite the hardships.



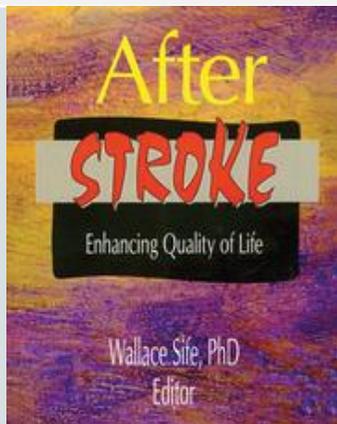
### **Stronger After Stroke: Your Roadmap to Recovery – by Peter G. Levine**

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 so that therapy can continue post discharge in the client's own home.



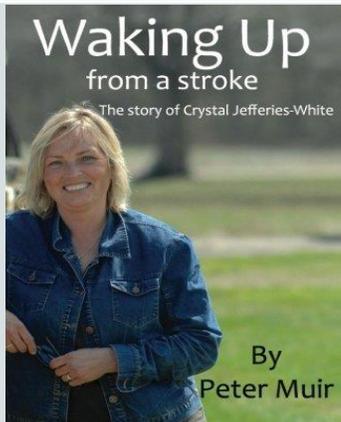
### **Healing the Broken Brain: Leading Experts Answer 100 Questions about Stroke Recovery – by Dr Mike Dow & David Dow with Megan Sutton, CCC-SLP**

Information, inspiration, advice and support for stroke survivors, caregivers and families. The top 100 questions that survivors and their families ask, with answers from the top medical specialists and therapists in the U.S.A.



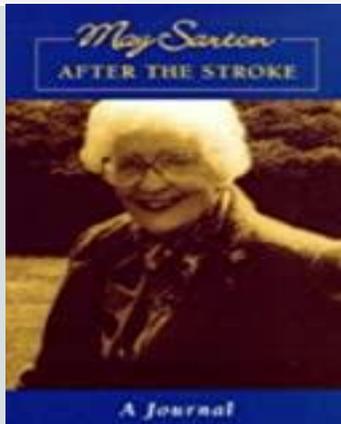
### **After Stroke: Enhancing Quality of Life – by Wallace Sife, PhD**

A selection of medical advice, practical survivor techniques, information about resources, and personal stories of triumph. It is designed to help those who have experienced a stroke attain the highest quality of life possible, under their new physical restrictions.



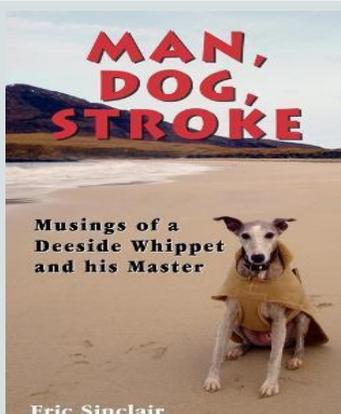
### **Waking up from a Stroke: The Story of Crystal Jeffries-White – by Peter Muir**

This is Crystal's story told through her friend Peter. It is an engaging read and has lots of tips and advice throughout. Crystal has severe aphasia, and initially she believed that she was dying of cancer. It took many weeks before her understanding of language was recovered enough for her to understand what had happened and that she was not dying.



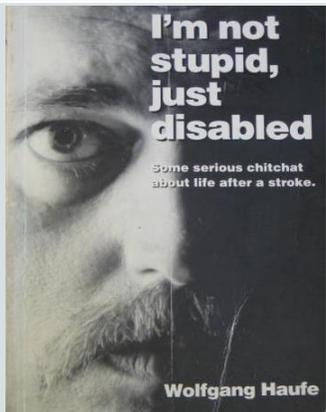
### **After the Stroke: A Journal – by May Sarton**

The author chronicles her efforts to regain her health and independence after having suffered a stroke at the age of seventy-three, describes her self-proclaimed life of solitude, and offers keen observations on the natural world surrounding her.



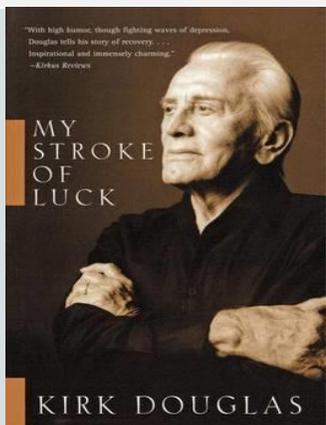
### **Man, Dog, Stroke: Musings of a Deeside Whippet and his Master – by Eric Sinclair**

The story of the author'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.



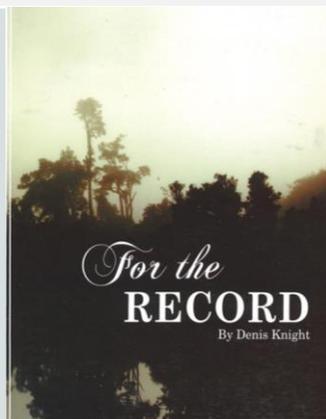
### **I'm not Stupid, Just Disabled: Some Serious Chitchat about Life After a Stroke – by Wolfgang Haufe**

Self-published book about the author who suffered a stroke in 1990 which he not only survived, but surprised both doctors and his family when, after 4 months in hospital, he was released, breathing without a respirator, talking fluently and walking with the help of a walker.



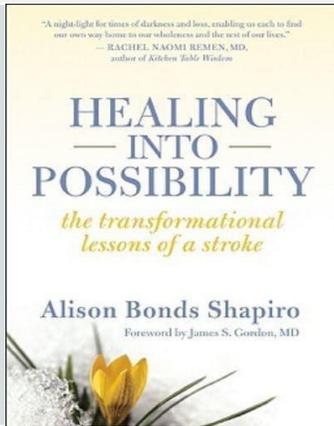
### **My Stroke of Luck – by Kirk Douglas**

A candid and heartfelt memoir of the life of actor, author, and legend of his own time, Kirk Douglas. He reveals the incredible physical and emotional toll of his stroke and how it changed his life for the better, sharing the lessons that saved him and helped him to heal.



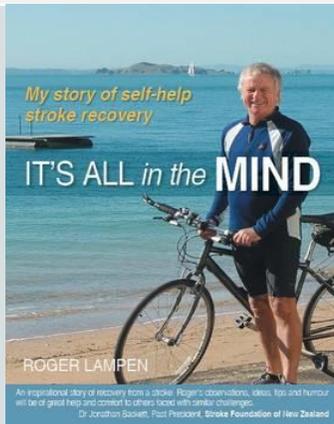
### **For the Record – by Denis Knight**

Memoirs and stories from Denis who suffered a stroke in 2008. Denis was a born and bred West Coaster and taught in various primary schools throughout NZ for over 55 years.



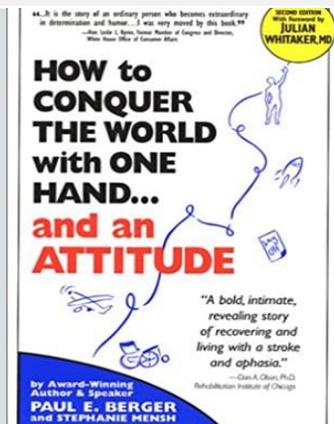
## Healing Into Possibility: The Transformational Lessons of a Stroke – by James S. Gordon, MD

An uplifting look at the neuroplasticity of our brains and our human ability to grow and change. Chronicles the author's experience of learning, through trial and error, that her attitude would play the most important role in her recovery.



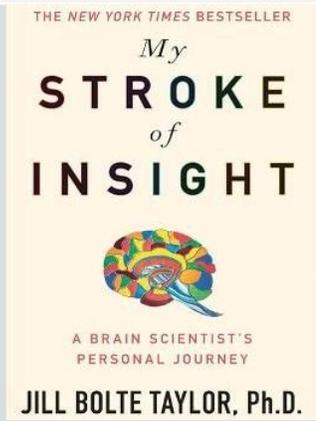
## It's all in the Mind: My story of self-help stroke recovery – by Roger Lampen

Roger'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.



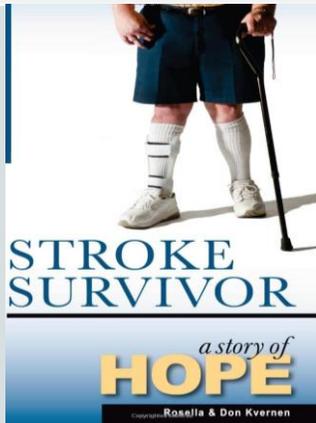
## How to Conquer the World with One Hand...and an Attitude – by Paul E. Burger and Stephanie Mensh

Follow the author'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.



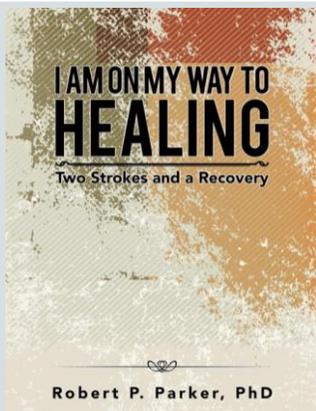
### **My Stroke of Insight: A Brain Scientist's Personal Journey – by Jill Bolte Taylor, Ph.D.**

The author was a 37-year-old Harvard-trained brain scientist when she suffered a stroke. A valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.



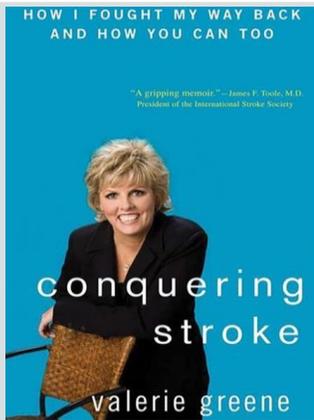
### **Stroke Survivor: A Story of Hope – by Rosella & Don Kvernen**

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.



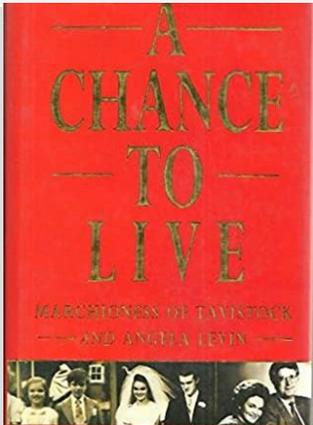
### **I am on my Way to Healing: Two Strokes and a Recovery – by Robert P. Parker, PhD**

The author's journey along the path of two strokes toward healing and recovery and a renewed sense of hope.



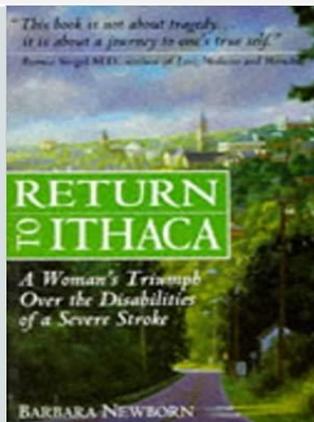
## Conquering Stroke: How I Fought My Way Back and How You Can Too – by Valerie Greene

Valerie, a stroke survivor, whose recovery surpassed even the most optimistic expectations, uses her own dramatic, inspiring, and eye-opening story to illustrate and deliver the important practical information you need to prevent, recognise, minimise, and recover from stroke.



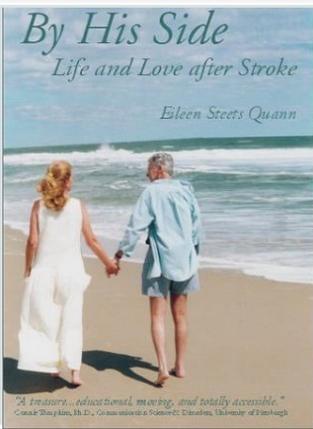
## A Chance to Live – by Marchioness of Tavstock and Angela Levin

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.



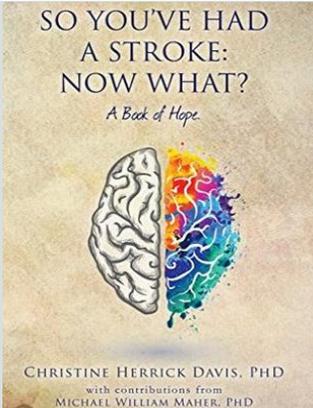
## Return to Ithaca: A Woman's Triumph Over the Disabilities of a Severe Stroke – by Barbara Newborn

The author 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.



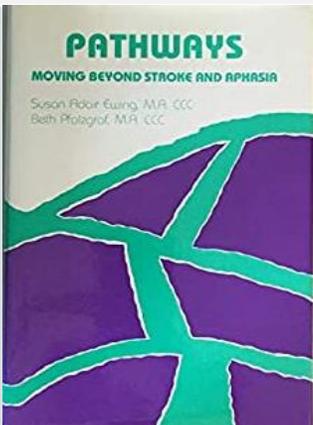
### **By His Side: Life and Love After Stroke – by Eileen Steets Quann**

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.



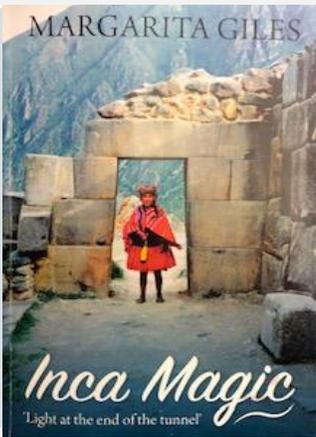
### **So You've Had a Stroke, Now What? – by Christine Herrick Davis, PhD**

Stroke survivors and their family members share their everyday struggles with aphasia and their path towards recovery. The family members also give practical and helpful advice. The stories provide an excellent insight in to how people with aphasia approach their recovery and life after stroke. What becomes evident when reading this book is that everyone's experience with aphasia is different.



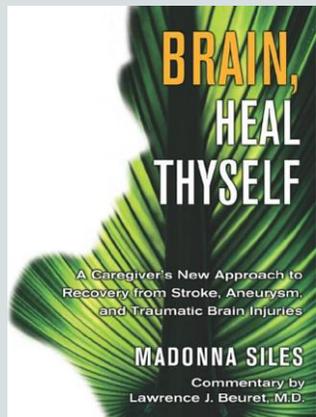
### **Pathways: Moving Beyond Stroke and Aphasia – by Susan Adar Ewing and Beth Pfolzgrof, MA CCC**

Readers are taken on a personalised, readable journey through the lives and recoveries of six stroke victims and their families. There is a chapter dedicated to aphasia.



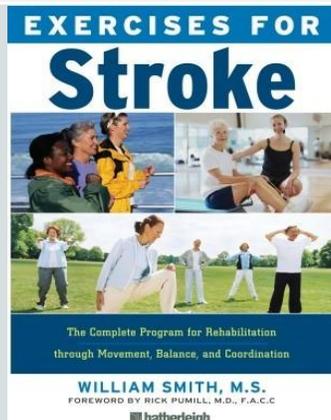
### **Inca Magic: 'Light at the end of the tunnel' – Margarita Giles**

Marg Giles, born in Dunedin in 1946, always had a dream to travel. she looked out from St Clair Beach and longed to head to South America. At the age of 40 this dream was fulfilled and her passion for South America prompted her to share it with others. Suddenly at age 61 Marg had a severe stroke and in the past ten years has worked to regain her speech, mobility, and sense of self.



### **Brain, Heal Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurysm, and Traumatic Brain Injuries – by Madonna Siles**

A guidebook for individuals who suddenly find themselves having to make life and death decisions for those they love. With humour, warmth, and arresting honesty, Madonna Siles's lively narrative closely examines not only the patient's recovery, but also the crucial role of caregivers--and the emotional, financial, and practical pressures they face.



### **Exercises For Stroke: The Complete Program for Rehabilitation Through Movement, Balance, and Coordination – by William Smith, M.S.**

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, and detailed instructions.