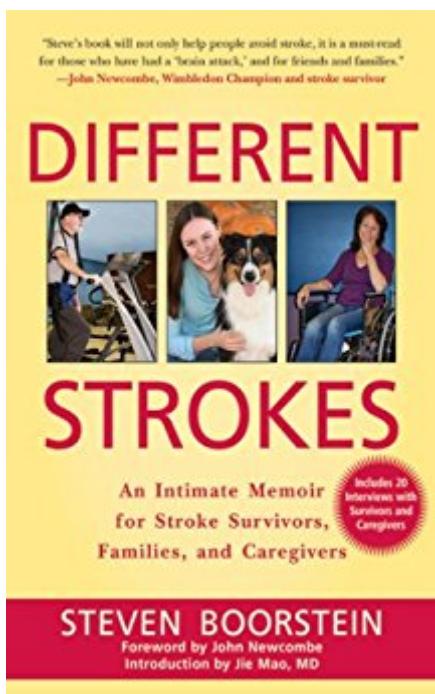


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# Different Strokes: An Intimate Memoir For Stroke Survivors, Families, And Care Givers



## Synopsis

Strokes are the third-leading cause of death in America, and for the lucky ones stroke victims who don't die, about half will spend the rest of their lives trying to recover. Roughly 700,000 Americans suffer a stroke each year and around 140,000 of them are fatal. *Different Strokes* is an in-depth look at what surviving, or not surviving, a stroke can mean. And Steven Boorstein should know; at age fifty-two, he suffered a stroke after a hit on the ski slopes of Vail. Part-memoir, part-how-to, Steven Boorstein's book will help you to recover from a stroke, whether you were the victim of one or had to watch a loved one suffer. Dividing the book into three distinct sections, Boorstein first focuses on his personal experience with a stroke, how he recovered, and his controversial use of medical marijuana to help resurrect his damaged mind and wracked body. The second part of this book explores how others have dealt with a stroke. Hear first-hand from stroke survivors and their loved ones about what effect a stroke had on their marriage, sex life, careers, relationships (with children, relatives, strangers), and more. The finale of the book covers tools and helpful resources; therapies, therapeutic tools, and exercises; organizations for survivors; and key words for people who have had a stroke, been diagnosed as being at risk, or for those whose loved ones are at risk or are recovering. This is an essential book for anyone who's ever had, or been hurt by, a stroke.

## Book Information

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## Customer Reviews

helps to understand the effects of strokes.

I had thought (from the title and associated publicity that the book has something to do with strokes (the brain injury) and it does (sort of), but the actual injury event and its aftermath is almost incidental to the story line.

Steven suffered a stroke at the age of 53 and his book relives his life just before, during and after the stroke. Steven's book will raise an eyebrow, draw a smile, elicit hearty chuckles and provide much needed insight into his journey ahead and makes for an ideal reference during the dark times ahead. Different Strokes differs, in a good way, from many of the other books on the market today because Steven makes you feel part of its narrative and delivers a compelling story. Often, stroke is written about in a very dry factual way that is abstract and non-personal to many of us. Different Strokes is both very engaging and enlightening. The book offers a refreshing perspective that is life affirming and where all stroke survivors can relate to many aspects of Steven's journey, laid bare, page after page, before the reader. The style of writing makes for easy reading yet the author manages to still include, in great detail, important facts without detracting from the story. For many of us, there is hope during the 'fog' of stroke recovery as we find the necessary patience, determination and stamina to move to the next level. In Steven's case it takes a while, yet his optimism, and those of the many retold stories included in the book, gives the reader their own sense of hope and offers a source of strength to carry on. Whilst we may differ in our methods of coping with the consequences of stroke - for all of us, survivors and carers alike, we all want to enjoy a better quality of life and Different Strokes uses this universal thread as the narrative throughout the story. Different Strokes is like looking into a mirror - the face may be different but the journey is very familiar. The author himself sums up the book very well "I believe that the stories in Different Strokes will bring peace, and a better quality of life to survivors and families. Stroke is hell, as all survivors know - but there are often laughs! Together, we tell the whole story, from the heart - with humour and hope - as we face our ups and downs physically, emotionally and

cognitively". Different Strokes is an essential, must buy book for anyone that has been affected by stroke as it shows us that there is, for all of us, life after stroke. John Kelly, stroke survivor

If you've ever experienced a loved one, partner, friend, relative- any one close who 's had a stroke- you're probably in the 90th percentile. If you haven't yet, it is likely you will before you leave this earth. Know the signs, and get medical help immediately. More importantly, help those who have suffered stroke recover with compassion, love and humor. Boorstein walks us through a very personal account of his stroke and recovery, and does it with humor, courage and a fortitude that can only be described as Herculean.

Any information or "diary" of a stroke victim is appreciated by myself and husband; It is not fun! Like just now we were in the backyard to plant some okra seeds; first my dutiful but dedicated saintly husband; aaaaaaLynn dug a hole, then I lost the seeds, then I tripped and fell down, forgot where I put the presoaked seeds, where we have room to plant them properly +the seed packet for directions, then I bickered and felt sorry for my brain in the right causing my leftneglect handicap BUT...I am actually going to the movies this afternoon with the two sweet gals from my respite team, took a shower, very carefully, got dressed and one of the hardest difficulties because of how my left eye functions is putting on make-up, Oh Boy, but as the Proverbs tells us, "Vanity, Vanity; everything is vanity". Looking like a clown could be worse, I suppose, any Ladies in waiting out there?" I suppose they are all in Hollywood. God for all who read this; bless their minds and bodies with all the gifts of the HolySpirit, especially healing and pouring out of faith from the HOLY Spirit!

XXXXXOOOOOOO Renee!

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