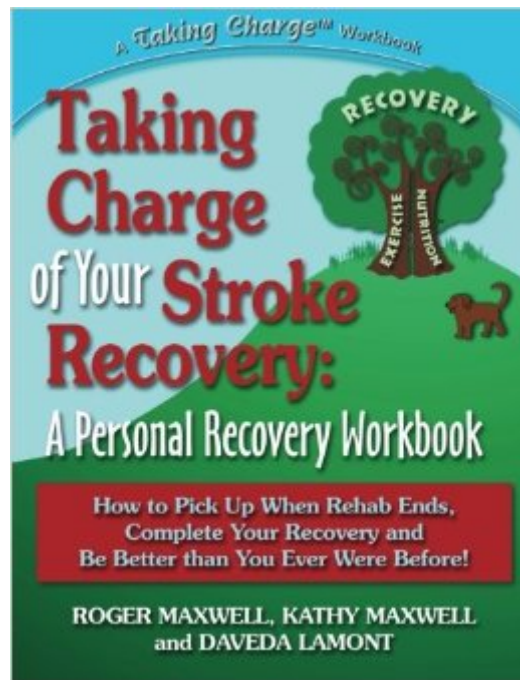


The book was found

# Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook



## Synopsis

A groundbreaking recovery method for stroke survivors who don't want to give up on life! Many stroke patients are sent home with lingering disabilities and told they can do nothing more. But there really are no limits on how fully they can recover--if they do the right things. This innovative workbook presents simple, effective, scientifically based recovery plans to help stroke survivors become capable and active again. They help you recover your ability to walk, speak, think, use your hands, swallow and see better. A nutritional plan helps your brain and body heal. Weekly and daily worksheets let you to track your progress for 3 months. There is plenty of work involved--but you will be in charge and there is no limit to how much you can achieve. Author Roger Maxwell researched this effective home-based recovery program after his own stroke. Through his own efforts he fully recovered. He is a full-time patent attorney and an avid marathon runner.

## Book Information

Series: Taking Charge

Perfect Paperback: 336 pages

Publisher: Taking Charge Books, Inc.; 1st edition (February 5, 2009)

Language: English

ISBN-10: 0615249167

ISBN-13: 978-0615249162

Product Dimensions: 7.4 x 0.8 x 9.7 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,573,526 in Books (See Top 100 in Books) #139 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes](#)

## Customer Reviews

Almost 20 years ago I was graduated from physical therapy and told there would be no further improvement. So glad times have changed. I like that the book does not accept limits on the extent of potential recovery or the time within which recovery can still occur. Breaking down exercises into parts that can be accomplished and intensified with a workbook for setting goals, recording compliance, and measuring results seems like a good way to develop a habit of working towards recovery consistently. The records should be positive reinforcement of achievements that might seem minimal except when viewed over time in a log. I haven't started the suggested program yet, but the book and the potential for recovery inspire me to concentrate and implement on a plan for

recovery.

I found the exercises in this book to be too hard for me. I have regained a lot of function, but still have a lot of weakness on the left side. This is not a criticism of this book - just a note that you must have a lot of function - if not, it's very frustrating.

This Book Has A lot Of Good Ideas That I Am Using For My Husband Thanks

[Download to continue reading...](#)

Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed) Heal Your Headache: The 1-2-3 Program For Taking Charge of Your Pain NLP: Neuro Linguistic Programming: A Practical Guide To Taking Charge Of Your Life By Changing Your Brain And Mind Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Before The Change: Taking Charge of Your Premenopause Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Stronger After Stroke: Your Roadmap to Recovery, 2nd Edition Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime Stronger After Stroke, Second Edition: Your Roadmap to Recovery: 1 Bates' Guide to Physical Examination and History-Taking (Bates Guide to Physical Examination and History Taking) Bates' Guide to Physical Examination and History-Taking 11th Edition TestBank: Test Bank with Rationales for the book Bates' Guide to Physical Examination and History-Taking The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Wounded Heart Workbook: A Companion Workbook for Personal or Group Use American Heart Association Family Guide to Stroke: Treatment, Recovery, and Prevention Brain, Heal Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurism, and Traumatic Brain Injury When Your Spouse Has a Stroke: Caring for Your Partner, Yourself, and Your Relationship (A Johns Hopkins Press Health Book)

