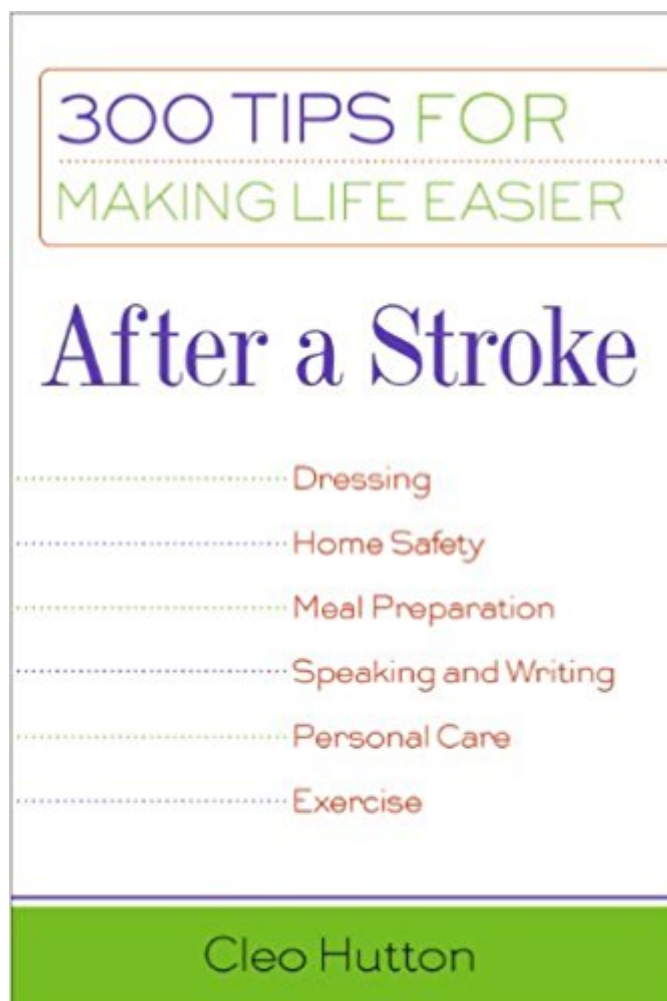


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# After A Stroke: 300 Tips For Making Life Easier



## Synopsis

An essential resource for all stroke survivors and their families and caregivers With more than 300 tips, this useful guide offers tried and true methods for coping with the aftermath of a stroke. Written by a stroke survivor and nurse, *After a Stroke* provides ideas, techniques, and exercises to help: accomplish daily living routines promote healing and recovery make the home safe and accessible foster independence and build self-esteem turn stroke deficits into assets *After a Stroke* contains everything families and fellow stroke survivors need to know to live a full life post-stroke.

## Book Information

Series: 300 Tips for Making Life Easier

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Average Customer Review: 4.3 out of 5 stars 30 customer reviews

Best Sellers Rank: #897,553 in Books (See Top 100 in Books) #62 in *Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes* #424 in *Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease* #662 in *Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System*

## Customer Reviews

"Hutton discusses adaptive equipment, emotional liability, and the impact on family. Most of all, however, she talks about getting through the day and night--pillow arrangement, television, naps, and how to play cards and slice vegetables safely.... Her book should reside on the shelves of public libraries, consumer health libraries, and private collections of physicians, nurses, and counselors; highly recommended."--Library Journal

"Hutton is a nurse and an encouraging facilitator, and she will get you back on your feet following a stroke. Her area of expertise is post-stroke recovery at home, and as a 12-year stroke survivor, she certainly knows her stuff...

Hutton inspires hope, a vital soothing force in the road to recovery." -- Kirkus Reports "For the new stroke survivor, this book is helpful in not only providing specific tips but also in showing how stroke recovery is a journey. For those who may be further from the event and actively seeking new paths

to recovery new ideas are provided. If you looking for a gift for someone who is new to stroke or in the first few years following a stroke, this is a good option." --Stroke Network (Stroke Network 20100503)

Cleo Hutton is the coauthor of Striking Back at Stroke: A Doctor-Patient Journal. She is a well-respected author, speaker, nurse and advocate for stroke awareness and recovery. She is also a stroke survivor.

On January 24th, I had a stroke, one of the ones in the back of your head. There are 4 kinds of strokes and this book deals with only the most common, the stroke on the right side of the brain. Thus, it is of no use at all to me, as it has no information at all on the kind of stroke I had. I must admit, there are few books on hemorrhagic strokes, though.

many self-evident tips, but good reminders.

Great for nurses, not for family members caring for loved ones with stroke.

My mom had a stroke 3.24.14. Book helped her learn and understand a lot. Loved it was written by stroke hero. Great read!!!

Thanks!

The best book on the subject - I plan to donate to the Kessler institute to help their therapist Thank you

It is a very positive approach for someone who has suffered a stroke and gives helpful ideas to cope with stroke. I highly recommend this book.

Lots of good information.

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Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Parkinson's Disease: 300 Tips for Making Life Easier, 2nd Edition Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke (A Johns Hopkins Press Health Book) The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Advanced Cardiac Life Support 1997-99, New Chapters on Stroke and Acute Myocardial Infarction. American Heart Association, Fighting Heart Disease and Stroke. Emergency Cardiovascular Care Programs. Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment A Stroke of Faith: A Stroke Survivor's Story of a Second Chance at Living a Life of Significance 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (ABRSM)) Funeral March of a Marionette and Other Pieces: Easier Piano Pieces 53 (Easier Piano Pieces (ABRSM)) Lyric Pieces, Op.12 & Poetic Tone-Pictures, Op.3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) Sixteen Short Pieces: Easier Piano Pieces 28 (Easier Piano Pieces (ABRSM)) Multiple Sclerosis: Tips and Strategies for Making Life Easier, Third Edition (Volume 3) The Art of Brush Lettering: A Stroke-by-Stroke Guide to the Practice and Techniques of Creative Lettering and Calligraphy Stroke E-Book: Pathophysiology, Diagnosis, and Management (Stroke Pathophysiology Diagnosis and Management) After a Stroke: 500 Tips for Living Well Clymer Evinrude/Johnson: 2-Stroke Outboard Shop Manual : 85-300 1995-2002 (Includes Jet Drive Models) (Clymer Marine Repair) DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas)

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