



After a Stroke: 300 Tips for Making Life Easier

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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.

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