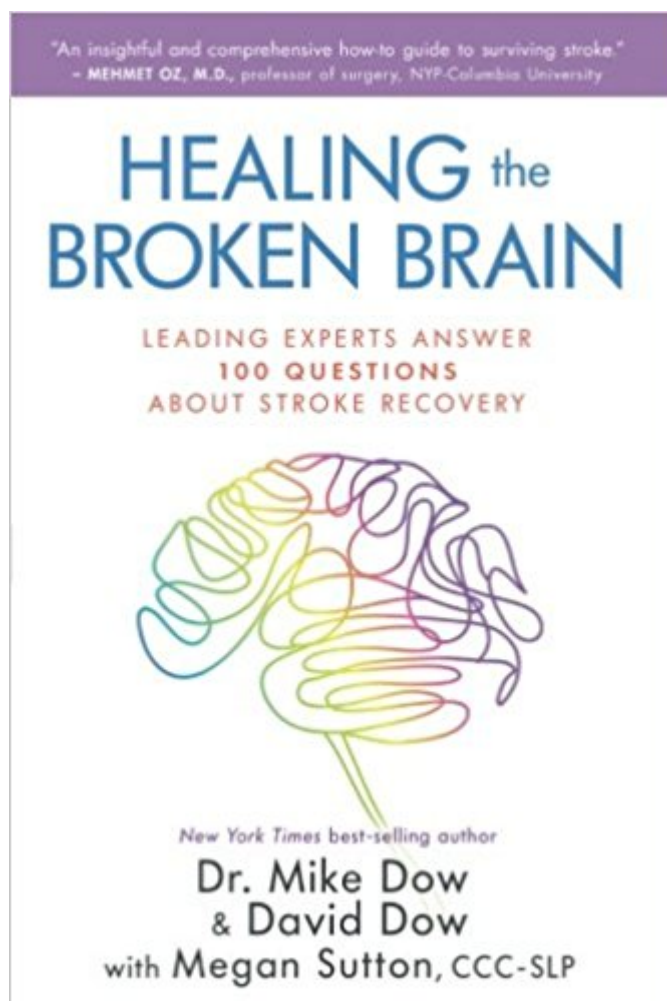


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Healing The Broken Brain: Leading Experts Answer 100 Questions About Stroke Recovery



Synopsis

If you're holding this book, it likely means you or someone you love has had a stroke. Dealing with the onslaught of information about stroke can be confusing and overwhelming. And if you happen to be a stroke survivor with newly impaired language skills, it can be especially hard to comprehend everything your doctors, nurses, and specialists are telling you. This book consists of the top 100 questions that survivors and their families ask, with answers from the top physicians and therapists in the country. The questions start out basic but then get more specific to address different areas of recovery. And, for stroke survivors still struggling with reading comprehension, or for family members who are simply too tired to read long passages, there are Takeaway Points at the end of each chapter to help simplify everything. Includes answers to frequently asked questions such as:

- What is a stroke, and who is at risk for one?
- What is the best diet for a stroke survivor?
- How does group therapy compare to individual therapy?
- What should a stroke survivor look for in a therapist?
- How long will it take to recover, and how can stroke survivors maximize their recovery?
- What can someone do to prevent having another stroke?

In this book, you'll gain a wealth of information, inspiration, advice, and support as you navigate your journey through stroke recovery.

Book Information

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Customer Reviews

“An insightful and comprehensive how-to guide to surviving stroke.” • Mehmet Oz, M.D., a professor of surgery, NewYork-Presbyterian/Columbia University Medical Center “A groundbreaking guide for the prevention and treatment of stroke.” • Daniel Amen, M.D., a New York Times best-selling author of *The Brain Warrior’s Way* “As the mother of a child who suffered a life-threatening brain injury, I know the power of combining hope with science in healing broken brains. With this book, Mike and David have provided that combination to all stroke survivors and the family members who believe in them.” • JJ Virgin, a New York Times best-selling author of *Miracle Mindset* “Dr. Mike and his brother David reveal a profound truth in this incredible book: spiritual growth and faith are required when faced with life’s most difficult roadblocks.” • Gabrielle Bernstein, a #1 New York Times best-selling author of *The Universe Has Your Back* “Patience, mindfulness, and optimism are all tools needed in the recovery journey from a stroke. Dr. Mike Dow and his brother do an amazing job delivering a healthy dose of inspiration and insight. A must read for survivors and caregivers!” • Dr. Susan Albers, a New York Times best-selling author of *50 Ways to Soothe Yourself Without Food*, *Eating Mindfully*, and *Eat Q*. “This book should be required reading for all stroke survivors and the people who love them.” • Tana Amen, B.S.N., R.N., a New York Times best-selling author of *The Omni Diet* “This thorough and compassionate guide for families and survivors will provide relief, comfort, and wisdom to all who read it.” • Andrea Pennington, M.D., C.Ac., a best-selling author of *Daily Compassion Meditation* “As the family member of a stroke survivor, I know it takes a village of doctors to optimize recovery. Mike and David have delivered this village to all stroke survivors and their families through this life-changing book.” • Allison Arthur, M.D., a Mayo Clinic-trained physician and co-owner of Sand Lake Dermatology Center

Dr. Mike Dow is a psychotherapist, best-selling author, and relationship expert. Dr. Mike appears regularly on *The Dr. Oz Show* and has appeared on Rachael Ray, Wendy Williams, Anderson, Bethenny, and *The Talk*. He is also a contributor for the Huffington Post. He holds a master of science degree in marriage and family therapy and a doctorate in psychology. David Dow is a stroke survivor and the co-founder of Aphasia Recovery Connection, a nonprofit helping other people with aphasia. His life story of healing and recovery has been featured in *People*

magazine. Megan Sutton is a certified speech-language pathologist who holds a master of science degree in speech-language pathology from Boston University and B.A. in linguistics from Rutgers University. She has worked passionately with adults with acquired communication disorders for over 10 years, specializing in the assessment and treatment of aphasia. Website: <http://drmikedow.com/>

Excellent book. Very helpful to the stroke survivor that does not have problems reading & understanding. Also very helpful for the caregiver who is feeling overwhelmed. Everything I read was "spot on" with my husband's stroke & resulting problems.

Good book to help one understand the affects of stroke.

Very good

Just getting to it

Informative and helpful

OK of all stroke / aphasia books that I have read this is THE BEST!....My name is Kurt Baker and I had a stroke 9 years ago and as a result I also have aphasia as well. The reason I like this book so much is because it is more "holistic" than other stroke books. Typically stroke books are focused towards speech pathology or some single aspect. Don't get me wrong, speech pathology is the best thing that is out there as it relates to aphasia recovery. At the same time it's MORE than just speech pathology and this is where Dr Mike Dow comes into the party.....speech pathology is important but now psychology and insight of neuroscience that Dr Mike brings in this book!!.....I highly suggest that all caregivers and now that there is an AUDIBLE maybe STROKE and APHASIA survivors can LISTEN to the book too! Obviously, the crowning of the book is the stroke survivor....David Dow and my friend! Throughout the book, in addition to the science, is David Dow's personal insight of his own massive stroke at age 10.....All I can say is WOW!UPDATE: I completely finished the book "Healing the Broken Brain"....Stroke survivors.....There really isn't much that is not included in this book (I prefer the Audible)!....Get it and read it or listen to it. I really don't like books that are all fluff. This book is filled with practical suggestions for both the survivor and the caregiver! It is VERY comprehensive and it is from some of the best of the best experts around!

This book is very clear and well-organized. It contains a ton of practical advice from experts for stroke survivors and their families. I wish this resource had been available when my husband had his stroke three years ago, and am glad we can benefit from it now.

Excellent book for families with people who have strokes. It really gives you a lot of information. Now I can have a better understanding for my friends who have had strokes and know that I have to have tons of patience with them as they are learning how to process everything over again.

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