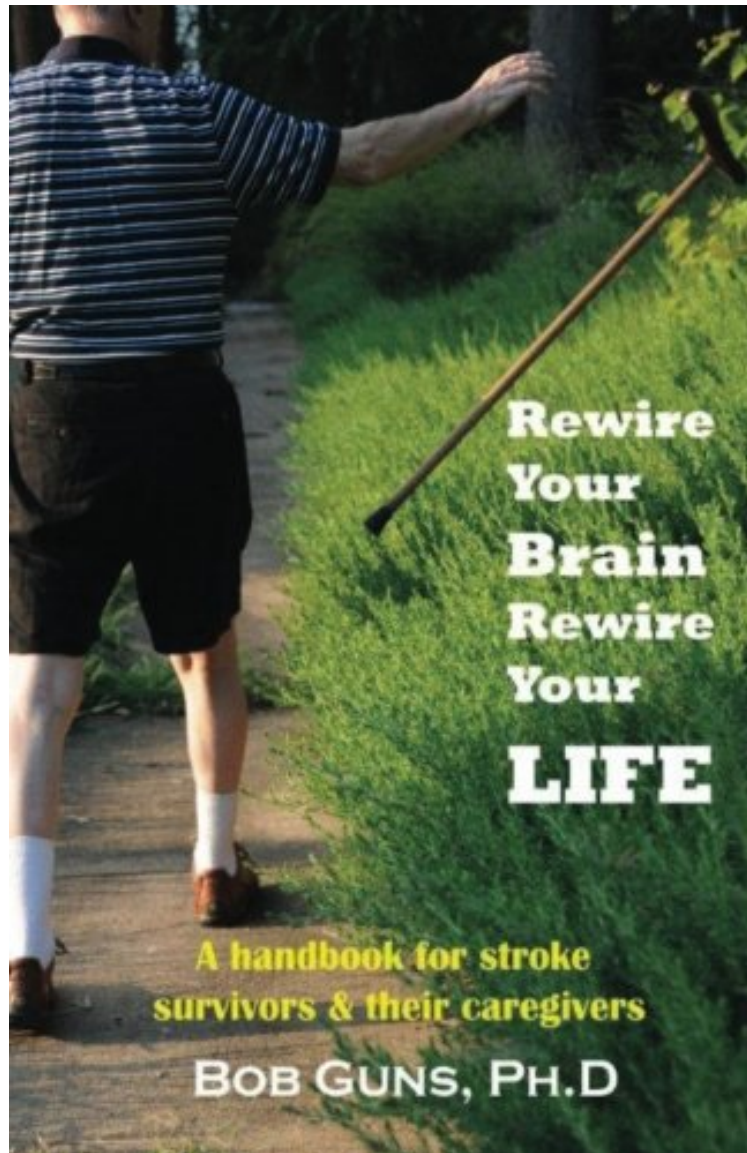


(Free read ebook) Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors Their Caregivers

Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors Their Caregivers

Bob Guns PhD

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Bob Guns PhD : Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors Their Caregivers before purchasing it in order to gage whether or not it would be worth my time, and all praised Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors Their Caregivers:

6 of 6 people found the following review helpful. In the process:By mamababsI had a stroke a little over four years

ago. Although I live in a country that allows me, at very low cost, excellent therapy, I still find that I need to work on my own. This book gave me good suggestions, great examples and helped me to increase my motivation. Thanks for the inspiration and encouragement. Since I will probably never play my guitar again, I am proceeding with the ukelele. I can now play two chords very well and am working on a third so I can play more songs--hopefully soon.0 of 0 people found the following review helpful. The book is refreshingly easy to readBy Judith J. SmithThe book is refreshingly easy to read, and small enough to fit in your back pocket. It's not technical, but presents enough data to let the reader know what sorts of things can happen in the brain. Dr. Guns lists a roster of stroke-disabled folks, and talks about the way they have retrained their brains to recover some usable skills. It's not a one-size-fits-all-problems book - its more like one-more-step-that-can-help. Worth reading.0 of 0 people found the following review helpful. This book is really only for the self-motivated patient. ...By JWThis book is really only for the self-motivated patient. I felt it wasn't written as clearly as it could have been. The plan proposed needs the patient to be totally engaged and care provider also. Sometimes, the stroke injury interferes with motivation as in my family member's case.

Breakthroughs in brain-imaging technology (CT scans, fMRIs, etc.) and pioneering brain research show the brain is still capable of learning and changing despite stroke or aging. Such findings give new hope for stroke survivors. That's why this handbook was written. *Rewire Your Brain, Rewire Your Life* builds the case for hope, tells the stories of Strong Stroke Survivors and provides sound, practical counsel from Powerful Caregivers. Moreover, it outlines a program- RAISE (Reflect, Analyze, Identify, Start, and Evaluate) that can improve a survivor's specific capability up to 40% or even higher. This handbook is designed to build capability and hope for those stroke survivors who feel they have reached their limits.

From the Author *Rewire Your Brain, Rewire Your Life* is a handbook for stroke survivors and caregivers. It outlines: * the reason for hope- stroke survivors, under certain conditions, can pursue a real opportunity to increase their capability (even 50 years after a stroke) * characteristics of Strong Stroke Survivors- realistic; motivated and optimistic; focused and disciplined; purposeful and determined; and resilient * personal stories of eleven Strong Stroke Survivors- whose stories are likely to inspire and motivate other survivors struggling with significant 'deficits' * the role of Powerful Caregivers- how they fulfill the ongoing needs of their survivors by acting as a model, learner, and teacher, and sequentially as an advocate, coach and coordinator (based on interviews with five of these caregivers) * RAISE, a 3 week self-improvement process- its steps of Reflect, Analyze, Identify, Start, and Evaluate are used to develop a targeted, specific capability As a stroke and brain surgery survivor myself, I decided to take my own RAISE program before anybody else- to improve my computer keyboard skills. I increased my speed 43% while reducing my error rate 86%. Since then a number of other stroke survivors have made significant gains in improving some specific capability by applying the RAISE program. This handbook can open a door of opportunity for stroke survivors who thought that door was closed to them. About the Author The author has practiced as teacher, school administrator, coach, lecturer, management trainer, business consultant, publisher, presenter, and author. Along the way, he acquired a Ph.D. and later on, a stroke that required brain surgery. When initially recovering from his stroke, Bob asked why his life had been spared (about 80% of those who experienced a similar stroke died immediately). His answer? To prevent stroke and help stroke survivors. Besides working on his own recovery, Bob started up a stroke support group in his community and acts as a 'You're the Cure' volunteer advocate for the American Heart Stroke Association. Bob's writing career spans business writing (a book, a chapter, and several articles), screenwriting; memoirs (over 70 unpublished pieces so far); and stroke articles in 'Stroke Connection' magazine. Bob currently resides (he has moved 35 times) in Mooresville, NC with his loving, supportive wife, Veronica and two mutually jealous shelties, Danny and Dixie. His son, Kevin, resides in Victoria, Canada, and his daughter, Laura (a model), lives on the most recent flight in or out of Charlotte.