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Stroke After Stroke: a rower's pilgrimage

Barbara Polan

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Stroke After Stroke is the personal story of a recreational gig rower who survived a stroke at age 52, and of her relentless pursuit of recovering from the resulting hemiparesis (the loss of the use of her left side) even 5 years later, despite the medical establishment's stance that recovery for her has already ended. Based on the blog she started 6 weeks post-stroke, the book chronicles how Barbara Polan has faced the losses concomitant with her injury, and the struggles of incorporating current recovery therapies into her attempts to resume her pre-stroke life. In the process, she re-shapes her new life into one that better suits her. She has written the book she had hoped to read immediately after having a stroke. Barbara has first-hand experience with the relentless repetition needed to establish new neural pathways that are needed to regain lost functions, and promotes investigation and optimism as necessary ingredients in any recovery. In addition, she offers helpful information and insight into the logistics and the emotional reality of survivors' altered lives, along with helping survivors understand that they are not alone. This book will be appreciated by anyone whose life has been affected by stroke - survivors and their caregivers, family members and friends.

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