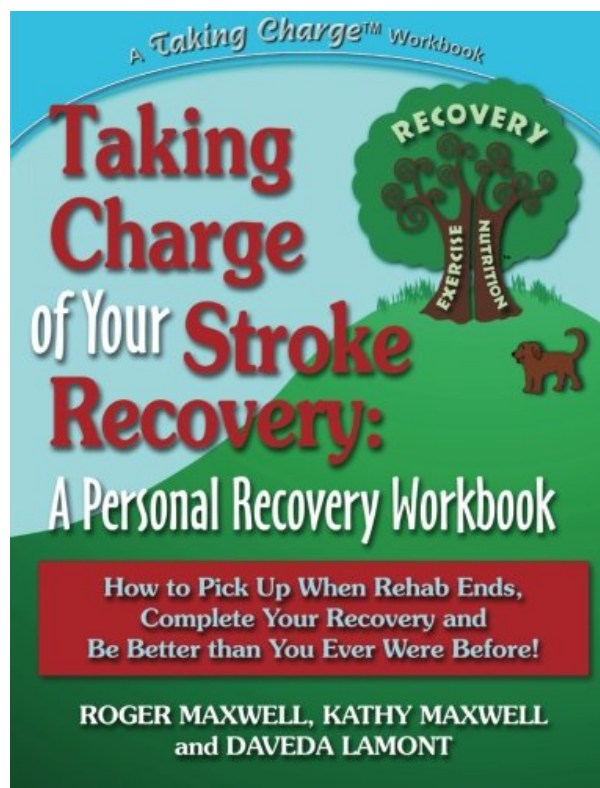
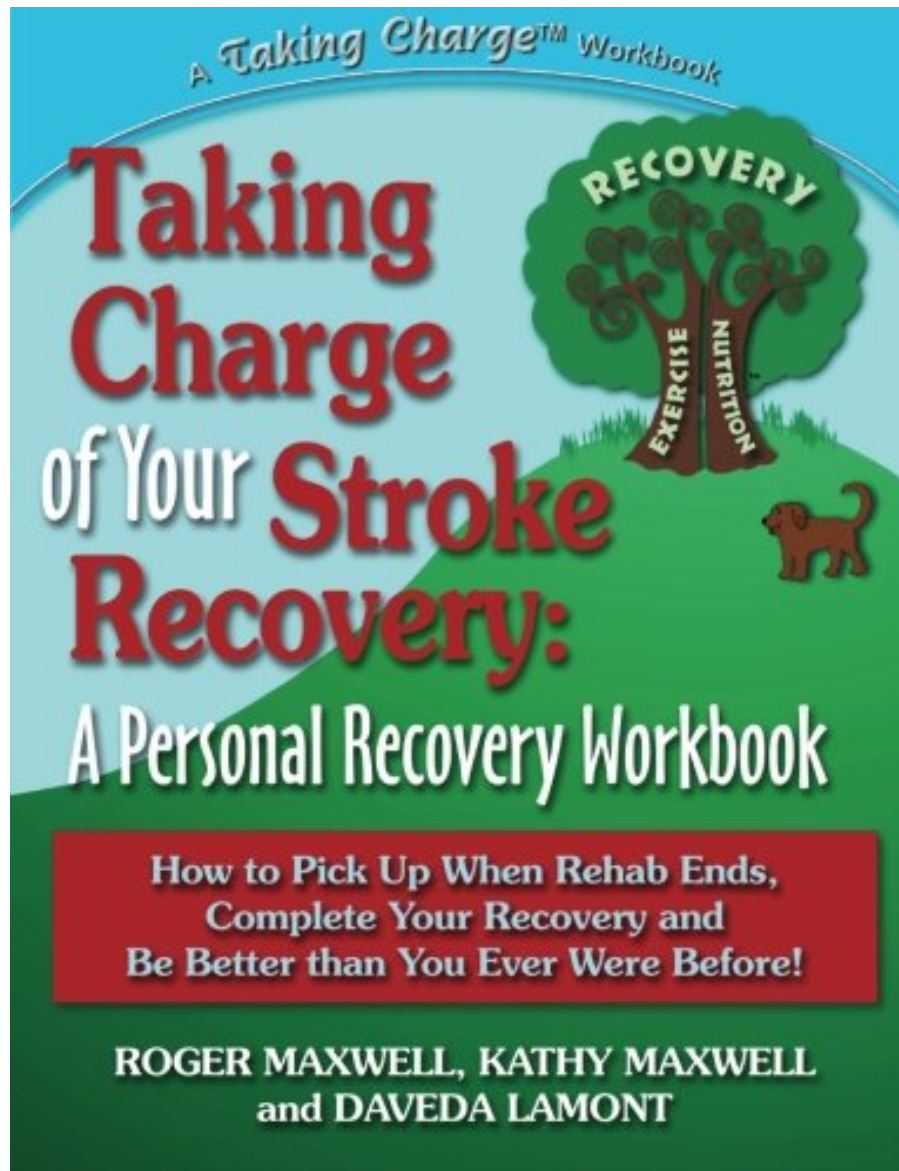


TAKING CHARGE OF YOUR STROKE RECOVERY: A PERSONAL RECOVERY WORKBOOK BY ROGER MAXWELL, D.E. LAMONT



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Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont. A work could obligate you to consistently improve the knowledge as well as experience. When you have no enough time to enhance it straight, you could obtain the experience and expertise from reading guide. As everyone recognizes, book Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont is incredibly popular as the window to open up the globe. It implies that reading publication Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont will certainly provide you a new way to discover everything that you require. As the book that we will certainly offer here, Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont

Review

`Taking Charge of Your Stroke Recovery' Taking Charge of Your Stroke Recovery: How to Pick Up When Rehab Ends, Complete Your Recovery and Be Better Than You Ever Were Before! is for stroke survivors who aren't willing to give up. This book by Roger Maxwell, Kathy Maxwell and Daveda Lamont helps readers move forward at their own pace. The Taking Charge workbook presents clear, simple and practical plans that take stroke survivors from where they are now to recovery from common stroke disabilities. -- StrokeSmart magazine, the publication of the National Stroke Association, March-April 2009

From the Publisher

The innovative stroke recovery plans included in this easy-to-use, portable workbook are based on the most effective, tested science on how to maximize your gains. Cheerful illustrations make the workbook eye pleasing, and convenient fill-in forms enable the stroke survivor and/or caregiver to keep track of all the stroke survivor's progress day by day. Blank plans are also enclosed to let you fill in the recommendations of healthcare pros or therapists, and even design your own special recovery plans if you wish.

From the Author

Authors Roger and Kathy Maxwell and Daveda Lamont worked to make this stroke recovery book as helpful, effective and simple as they could. They believe that far more stroke survivors would recover if they simply knew what to do and how to do it. This book fills a huge gap in the stroke literature and brings self-directed recovery from lingering stroke disabilities within anyone's reach.

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By checking out *Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont*, you could recognize the understanding and also points more, not just concerning exactly what you obtain from individuals to people. Schedule Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont will be much more trusted. As this Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont, it will truly provide you the great idea to be effective. It is not only for you to be success in specific life; you can be effective in everything. The success can be started by knowing the basic expertise and also do activities.

From the combination of expertise and also actions, someone could boost their skill as well as capacity. It will lead them to live and function far better. This is why, the students, workers, and even companies must have reading behavior for publications. Any book Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont will offer particular expertise to take all benefits. This is exactly what this Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont informs you. It will certainly add even more knowledge of you to life and work far better. Taking Charge Of Your Stroke Recovery: A Personal Recovery Workbook By Roger Maxwell, D.E. Lamont, Try it as well as confirm it.

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A groundbreaking recovery method for stroke survivors who don't want to give up on life!

Many stroke patients are sent home with lingering disabilities and told they can do nothing more. But there really are no limits on how fully they can recover--if they do the right things. This innovative workbook presents simple, effective, scientifically based recovery plans to help stroke survivors become capable and active again. They help you recover your ability to walk, speak, think, use your hands, swallow and see better. A nutritional plan helps your brain and body heal. Weekly and daily worksheets let you to track your progress for 3 months. There is plenty of work involved--but you will be in charge and there is no limit to how much you can achieve.

Author Roger Maxwell researched this effective home-based recovery program after his own stroke. Through his own efforts he fully recovered. He is a full-time patent attorney and an avid marathon runner.

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- Brand: Brand: Taking Charge Books, Inc.
- Published on: 2009-02-05
- Released on: 2009-02-05
- Original language: English
- Number of items: 1
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- Binding: Perfect Paperback
- 336 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

7 of 7 people found the following review helpful.

Offers hope and means to organize and measure steps towards recovery

By Lolyne

Almost 20 years ago I was graduated from physical therapy and told there would be no further improvement. So glad times have changed. I like that the book does not accept limits on the extent of potential recovery or the time within which recovery can still occur. Breaking down exercises into parts that can be accomplished and intensified with a workbook for setting goals, recording compliance, and measuring results seems like a good way to develop a habit of working towards recovery consistently. The records should be positive reinforcement of achievements that might seem minimal except when viewed over time in a log. I haven't started the suggested program yet, but the book and the potential for recovery inspire me to concentrate and implement on a plan for recovery.

4 of 4 people found the following review helpful.

Stroke Recovery

By Nancy

I found the exercises in this book to be too hard for me. I have regained a lot of function, but still have a lot of weakness on the left side. This is not a criticism of this book - just a note that you must have a lot of function - if not, it's very frustrating.

2 of 2 people found the following review helpful.

Really Good Book

By Yvonne Davis

This Book Has A lot Of Good Ideas That I Am Using For My Husband Thanks

See all 3 customer reviews...

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