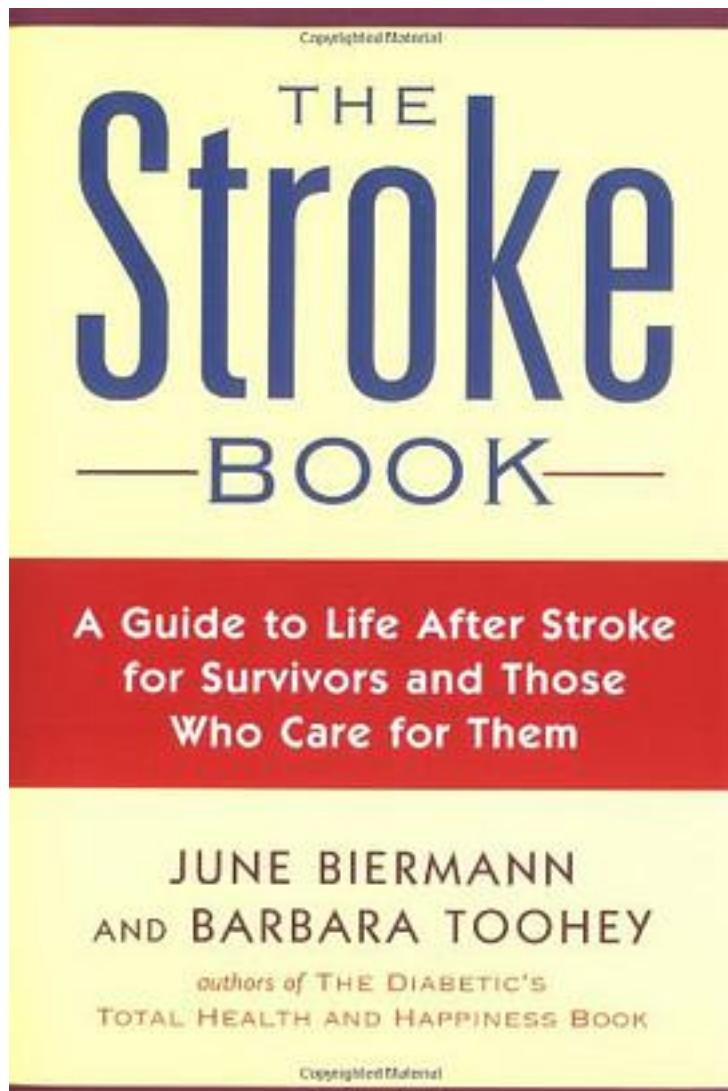


The Stroke Book



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著者:Biermann, June/ Toohey, Barbara

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An indispensable guide for victims of stroke and their caregivers, from the authors of The Diabetic's Total Health and Happiness Book.

According to the U.S. Centers for Disease Control, an American suffers a stroke every forty-five seconds. More than 700,000 Americans each year find themselves struggling to recover from this affliction. June Biermann, a former stroke victim herself, and her coauthor-and caregiver-Barbara Toohey offer a sensitive and essential guide for sufferers and those who care for them. The Stroke Book provides readers with:

- analyses of the latest developments in stroke therapy;
- tips for creating a smart nutritional plan post-stroke;
- information on managing complex rehabilitation needs;
- ways stroke victims can reclaim their quality of life following a stroke, and how caregivers can manage their own stress.

With stroke now the leading cause of serious, long-term disability in the United States, Biermann and Toohey's optimistic, user-friendly guide to living well after an attack is a vital tool for recovery.

作者介绍:

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