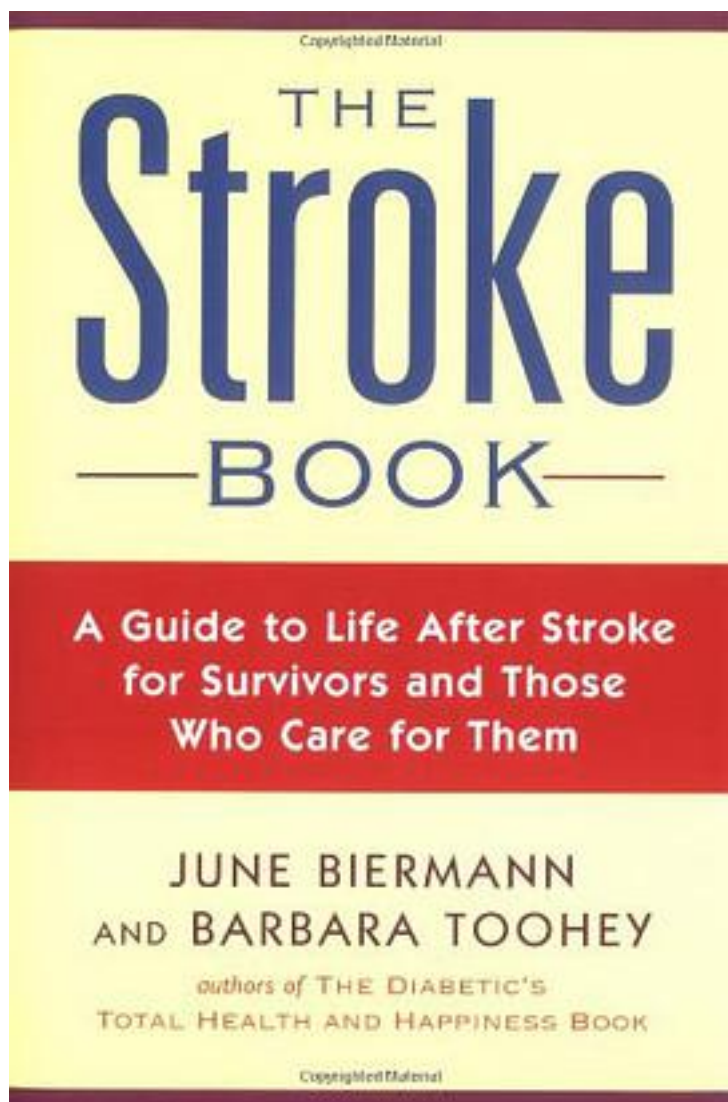


# The Stroke Book



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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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