

**STROKE DIARIES: A GUIDE FOR SURVIVORS AND
THEIR FAMILIES**

Kathleen Para

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Stroke Diaries: A Guide for Survivors and Their Families by Olajide Williams

Combining cutting-edge medicine with the gripping stories of patients, survivors, family members, and physicians, Stroke Diaries strikes a blow.

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A woman recounts the horror of waking up paralyzed, unable to call for help. A man has a mini-stroke and refuses to listen to his doctor, only to suffer a disabling .

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Oxford University Press Bolero Ozon. Kelly Stuart rated it it was amazing May 28, He is also a fellow of Columbia University's prestigious Glenda Garvey Academy for outstanding teaching, and has been recognized locally and nationally for humanism in medicine.

Thebookispepperedwithsimplediagrams,pictures, andtablesthat helpski Williams provides practical tips on preventing strokes with specific lifestyle prescriptions, on recognizing the different forms of strokes, on managing symptoms after stroke, and on overcoming the psychological burden of stroke. A woman recounts the horror of waking up paralyzed, unable to call for help.

KellyStuartratedititwasamazingMay28, ListswithThisBook. Williams combines lucid writing with practical, take-home information about stroke that should inform strokepatients, their families, and the public at large. Through compelling stories of patients, survivors and caregivers, woven together by easy-to-understand medical explanations, Dr.