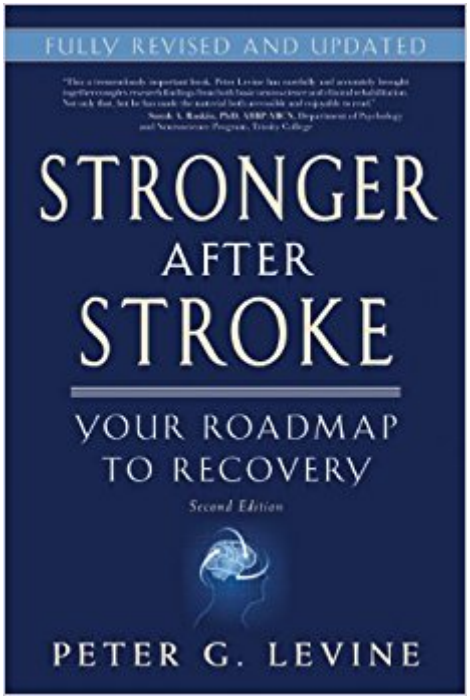
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Stronger After Stroke, Second Edition: Your Roadmap To Recovery: 1



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Synopsis

Stronger After Stroke puts the power of recovery in the reader’s hands by providing simple-to-follow instructions for reaching the highest possible level of recovery. Basic concepts covered include repetition of task-specific practice, proper scheduling of practice, setting goals and measuring recovery. Sections new to the second edition cover the latest research from neuroscience, treatments for recovering sensation as well as recovery strategies for the young stroke survivor. Also included is a breakdown of the phases of recovery and how these phases can provide structure to efforts towards recovery.Stronger After Stroke promotes:Repetition of task-specific movementsProper scheduling of practiceChallenges at each stage of recoverySetting goals and recognizing when they have been achievedThe second edition is completely revised throughout incorporating feedback from readers and the latest research data. Peter has written a new chapter on "recovery core concepts" that defines the stages of recovery and explains how these stages can structure efforts toward recovery. There is also a new Question and Answer section culled from the talks Peter regularly gives on the subject.

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Customer Reviews

Everyone who has a stroke, and their caregivers, should be given a copy of this book - to understand the four week government funded "game" being played with their therapy. The author describes the limitations of the four week "therapy" being practiced in the stroke treatment locations. Then, and much more importantly, goes on to describe the fundamentals of long-term therapy and the responsibility for success that can only come from the stroke patient and caregivers. You'll need to read and read several times over, and keep by your side as a reference, and, importantly, use it as the basis for defining a long-term plan with any therapists consulted.

My husband had a severe stroke and kind of used this book as his bible. He has read it multiple times and has had his trainer at the gym read things in it. It has been very inspirational for him.No one can give you any specifics on your prognosis but this book encourages you to keep moving and working on your goals long term. Many people told us that after the first few months that progress would be limited, but things have continued to improve..with lots of hard work.About 18 months after the stroke my husband was able to take a driving class and get the adaptability devices to become more independent. He joined a national group called the silver sneakers and works out with them everyday.This book taught him that even if you hit a bit of a plateau just to keep working through it. He was a bit of a gym rat before the stroke so he enjoys going to the gym daily...but it just really upsets him to see others come in with similar situations, that give up after a week or to. Keep working

This book is FANTASTIC! My husband just suffered a minor stroke and thanks to this book he is making an incredible recovery. We highly recommend EVERYONE read it, as you never know when you or a loved one will suffer a stroke, and you'll want to know this info BEFORE hand, so you know how to get going with the recovery immediately. Can't say enough good things about it...

I really do like this book. There is a lot of information that is useful. Many therapists do not give this kind of information. Once your Physical/Occupational/Speech therapy sessions are over, you feel like your recovery is at a standstill. This book has been a very useful tool in continuing therapy at

home. It inspires hope that your recovery will continue.

This is a must-have I am not kidding five stars all day if you or a loved one experience a bad stroke that leaves you with deficits this book could not be more helpful you will not get this information from insurance companies from medical facilities much of it seems like common sense but follow page for page this will give the person with handicaps their best chance for recovery

This was such a great book that I contacted a matrix repatterning expert in my area and went for a treatment. I had never heard of it before Peter Levine's book. I'm going back this month for my second treatment, which really helped. Thanks Peter Levine! Everyone should read this book.

Five stars! Peter Levine's book is extraordinary in that it offers hope and a guide to rehabilitation. I recently viewed the Youtube video of Kathy Spencer's recovery (her review appears in the list of these reviews), due to Peter Levine's book, which is link on his blog site. Amazing is the word that comes to mind after viewing it. It is truly inspirational to me.What I find unbelievable is coming up with a neurologist or physiatrist or therapist who is familiar with the book and its approach. I am willing to put in the hours (I have done so since I read the book several months ago), but I am looking for professional help to give me guidance. Right now, the only guidance I can get is through Levine's book.I have bought several copies of the book and have given them to physical and occupational therapists I have encountered along the way in the hope that they will know of someone in their field in the Boston area. I hold these people in high esteem and believe they have tried their best, but to date none is familiar with the book.Just recently, I bought two copies for two nurses who work for my health insurance company. They were really fantastic when I was recovering in the hospital, but they have never heard of the book!The neurologist that I was assigned to said last December (the 12th month after my TBI) "let's see what neuroplasticity does." Well, it does nothing unless stimulated as Peter Levine writes. She was merely monitoring my condition and had a wait-and-see attitude. Needless to say, that was the last time I saw her. I am still looking. When will the professional community wake up to Levine's book and his approach.I am fortunate in that I have read the book and have even seen some of the benefits already, but I feel bad for the patients who never hear of the book and who suffer from a wait-and see attitude on the part of their doctors. It's a real tragedy.

Excellent book. After my wifes stroke I learned more than I ever wanted to know about the brain. I'm

glad I did as it made the transition easy. The stroke changed our lives and the book gave us the tools to make the changes easier.

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