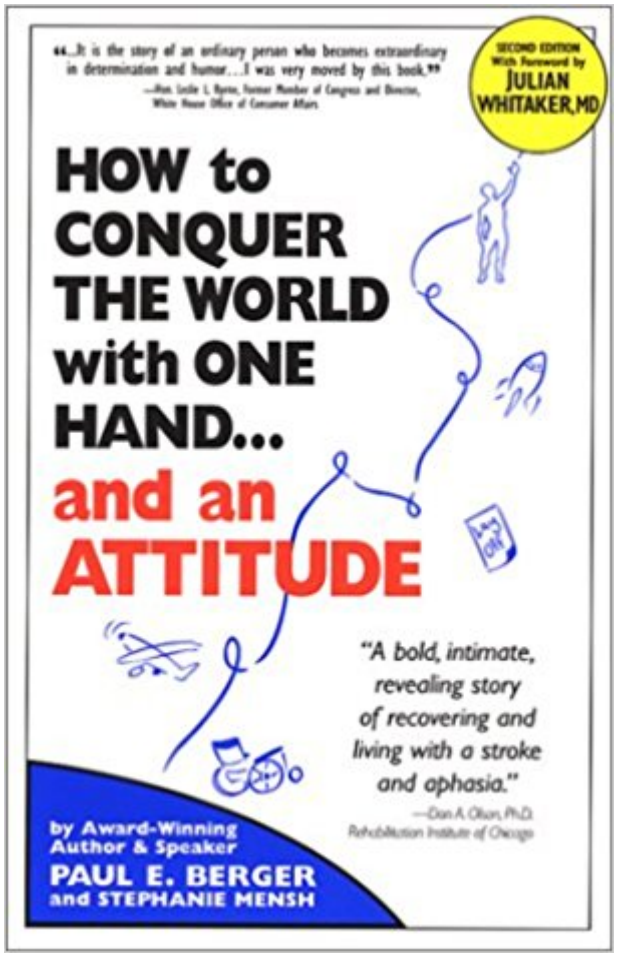
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How To Conquer The World With One Hand...And An Attitude (Second Edition)



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Synopsis

This is the story of young man’s recovery from a devastating stroke, taking the reader on a journey far beyond the typical "survivor" story, into the depths of a young man’s feelings, and across ten years of physical and emotional challenges living with disabilities. This is a true story that reads like an action novel. The second edition has a new foreword by best-selling author Julian Whitaker, M.D., as well as more of Paul’s adventures, and a new section on useful resources requested by readers of the first edition.

Book Information

Paperback: 240 pages

Publisher: Positive Power Pub; 2nd edition (June 2002)

Language: English

ISBN-10: 0966837878

ISBN-13: 978-0966837872

Product Dimensions: 0.5 x 5.5 x 8.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,350,426 in Books (See Top 100 in Books) #98 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #946 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2624 inÃ Â Books > Biographies & Memoirs > Professionals & Academics > Medical

Customer Reviews

"A bold, intimate, revealing story of recovering and living with a stroke and aphasia." -- Don A. Olson, Ph.D., Rehabilitation Institute of Chicago"I have read 30 books about strokes, its victims and caretakers, but none even comes close to your descriptions." -- Joann Kirby, spouse of stroke survivor, Oregon"One of the most inspiring and uplifting stories of stroke recovery...Paul believed in himself...and proved others wrong." -- Julian Whitaker, M.D., Editor, Health & Healing"Paul’s book proves that people can not only survive a stroke, but can be victors instead of victims." -- Rhonda Chatmon, Vice President, High Risk/Stroke Programs, American Heart Association, Washington, DC"Stroke survivors with aphasia, caregivers, and health professionals will find much relevant, useful, and inspiring material in this well-written account." -- Martha Taylor Sarno, M.A., M.D. (hon), Rusk Institute of Rehabilitation Medicine, NYU Medical Center"The story of an ordinary person who becomes extraordinary in determination and humor...I was very moved by this book." --

Hon. Leslie L. Byrne, Former Member of Congress and Director, White House Office of Consumer Affairs"This is the second semester I have used your book...[my students] will be better practitioners because of it." -- Doug Simmons, MS, OTR/L, University of New Hampshire Occupational Therapy Department"True 'rehabilitation' is taking the strengths of a man, using them in new ways to create another, equally satisfying life." -- Susan Ryerson, P.T., author, Functional Movement Reeducation, A Contemporary Model for Stroke Rehabilitation

Many inspirational books take you through the person's crisis period. This book is different. It shows how much a person can achieve in the years after, and what life is really like when you have a severe disability. Positive Power Publishing is dedicated to inspiring people with disabilities to live a full life and to show the world that having a disability doesn't mean giving up. Paul Berger's compelling story as told in "How to Conquer the World With One Hand...And an Attitude, Second Edition," is an example of the can-do attitude and abilities that many disabled people offer. Paul's stunning accomplishments go beyond writing. He shows how he has become a pro at public speaking, overcoming his severe speech problem, aphasia, to inspire audiences large and small, many of whom had little or no knowledge or exposure to strokes or stroke survivors before meeting Paul or reading his book.

This would have been helpful if I had not had such good support from the physio's at the hospital, by the time I got the book it did not tell me anything that I did not already know, or had worked out for myself, there was a lot to back up what I had learned about managing after a stroke.

This book helped me deal with a family member's stroke. I appreciated how the author shared his thoughts and frustrations. The latter half of the book became repetitive, though. The book is good, but it needs some polishing.

My father is much older than Paul when he suffered his stroke in December of 2000. My father's stroke was very severe and has left him totally paralyzed on his right side and unable to speak or effectively communicate in any manner, which is the same side and conditions that Paul suffered. This book gave me hope that some day my 78-yr. old father may be able to communicate on some level. All speech therapy has been stopped for my father, but after reading this book and seeing what 8 years of therapy has done for Paul, my family is looking into our options once again. I can think of nearly nothing worse than being able to understand most of what is being said around you

and not being able to communicate back. People with aphasia are essentially trapped within their own body. Thanks, Paul for having the courage to move forward with your life and to tell your story. It truly gave me hope!!

no new info i have been using one hand for 27 years and this book had no new ideas.

Just started to read the book. My fiance had a stroke in January so very, very interesting and intriguing. Actually, cannot put the book down. Love it!

As a newly living life one armed after a stroke, I found this book inspirational. While the author have as far to come back from as I do, what he accomplishes can't be discounted.

I found the book to contain amazing detail during the early time in the hospital. Who is remembering it all?It was interesting and helpful.review from Amy Finger Ziegler, stroke survivor, author of Different Strokes for Different Folks.

My son is struggling through his recovery from left neglect and this book really helped us to understand what he is going through and how to better help him.

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