
My Stroke Of Insight

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My Stroke of Insight

On the morning of December 10, 1996, Taylor, a brain scientist, experienced a massive stroke. She observed her own mind completely deteriorate. Now she shares her unique perspective on the brain and its capacity for recovery.

My Stroke of Insight

A Brain Scientist's Personal Journey *Penguin*

"Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven- year-old Harvard-trained

brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences

through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

Whole Brain Living

The Anatomy of Choice and the Four Characters That Drive Our Life *Hay House, Inc*

The New York Times best-selling author of *My Stroke of Insight* blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our way to peace. For half a century we have been trained to believe that our right brain hemisphere

is our emotional brain, while our left brain houses our rational thinking. Now neuroscience shows that it's not that simple: in fact, our emotional limbic tissue is evenly divided between our two hemispheres. Consequently, each hemisphere has both an emotional brain and a thinking brain. In this groundbreaking new book, Dr. Jill Bolte Taylor presents these four distinct modules of cells as four characters that make up who we are: Character 1, Left Thinking; Character 2, Left Emotion; Character 3, Right Emotion; and Character 4, Right Thinking. Everything we think, feel, or do is dependent upon brain cells to perform that function. Since each of the Four Characters stems from specific groups of cells that feel unique inside of our body, they each

display particular skills, feel specific emotions, or think distinctive thoughts. In *Whole Brain Living*, Dr. Taylor shows us how to get acquainted with our own Four Characters, observe how they show up in our daily life, and learn to identify and relate to them in others as well. And she introduces a practice called the Brain Huddle--a tool for bringing our Four Characters into conversation with one another so we can tap their respective strengths and choose which one to embody in any situation. The more we become familiar with each of the characters in ourselves and others, the more power we gain over our thoughts, our feelings, our relationships, and our lives. Indeed, we discover that we have the power to choose who and how we want to be in every moment. And when

our Four Characters work together and balance one another as a whole brain, we gain a radical new road map to deep inner peace.

My Stroke of Insight by Jill Bolte Taylor (Summary) *QuickRead.com*

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. A Brain Scientist's Personal Journey. If you've ever experienced a sudden revelation or an epiphany, then you might understand the power a sudden realization can have on your outlook on life. This is exactly what happened to Jill Bolte Taylor on December 10, 1996, at just 37-years-old. Bolte Taylor, a Harvard-trained brain

scientist, experienced a massive stroke in the left hemisphere of her brain. As a result of the stroke, Bolte Taylor's mind deteriorated and she quickly lost her ability to walk, talk, read, write, or even recall any of her life. In a matter of four hours, Bolte Taylor's life was changed forever. Soon, however, Bolte Taylor was alternating between the right brain and left brain, allowing herself to uncover feelings of euphoria and well-being that the average person doesn't often have the power to access. The stroke allowed Bolte Taylor to experience the different traits of the two halves of the brain, and she believes with the proper training, inner peace can be accessible to anyone. As you read, you'll learn the ins and outs of what occurs during a stroke, the incredible differences between the right

and left brain hemispheres, and how Bolte Taylor was able to make a full recovery after suffering a rare stroke.

My Stroke of Luck *Harper Collins*

My stroke taught me so much, and for all that it stole, it gave me even more. In the process of healing, my life has changed for the better. Now I want to share what I have learned. In this vivid and very personal reflection upon his extraordinary life as an actor, author, and legend in his own time, Kirk Douglas offers a candid and heartfelt memoir of where it all went right in his life -- even after suffering a debilitating stroke. Revealing not only the incredible physical and emotional toll of his stroke but how it has changed his life for the better, Douglas shares the lessons that

saved him and helped him to heal. Alongside his heartfelt advice and insight, he also recalls warm memories of some of the most famous figures of our time -- including Burt Lancaster, Michael J. Fox, and Gary Cooper -- as well as others who have soared to greatness in the face of adversity. Charming, soulful, and filled with personal photographs, *My Stroke of Luck* is an intimate look at the real person behind the fabulous talent -- and at a life lived to its very fullest.

Life Leverage

How to Get More Done in Less Time, Outsource Everything & Create Your Ideal Mobile Lifestyle *John Murray*

You are just one small step away from

the life you know you deserve. It's time to leverage your life. Life Leverage means taking control of your life, easily balancing your work and free time, making the most money with the minimum time input & wastage, and living a happier and more successful life. Using Rob Moore's remarkable Life Leverage model, you'll quickly banish & outsource all your confusion, frustration and stress & live your ideal, globally mobile life, doing more of what you love on your own terms. Learn how to: - Live a life of clarity & purpose, merging your passion & profession - Make money & make a difference, banishing work unhappiness - Use the fast-start wealth strategies of the new tech-rich - Maximise the time you have; don't waste a moment by outsourcing everything -

Leverage all the things in your life that don't make you feel alive 'This book shows you how to get more done, faster and easier than you ever thought possible. A great book that will change your life'. Brian Tracy, bestselling author of Eat That Frog

Summary of Jill Bolte Taylor's My Stroke of Insight by Milkyway Media

My Stroke of Insight: A Brain Scientist's Personal Journey (2008) is neuroanatomist Jill Bolte Taylor's reckoning with the stroke she had in 1996, when she was 37 years old. Describing her experience in terms of her brain anatomy and how her symptoms progressed, Taylor combines her perspectives as a scientist and a

patient... Purchase this in-depth summary to learn more.

My Stroke of Insight by Jill Bolte Taylor (Summary) *QuickRead.com*

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. A Brain Scientist's Personal Journey. If you've ever experienced a sudden revelation or an epiphany, then you might understand the power a sudden realization can have on your outlook on life. This is exactly what happened to Jill Bolte Taylor on December 10, 1996, at just 37-years-old. Bolte Taylor, a Harvard-trained brain scientist, experienced a massive stroke in the left hemisphere of her brain. As a

result of the stroke, Bolte Taylor's mind deteriorated and she quickly lost her ability to walk, talk, read, write, or even recall any of her life. In a matter of four hours, Bolte Taylor's life was changed forever. Soon, however, Bolte Taylor was alternating between the right brain and left brain, allowing herself to uncover feelings of euphoria and well-being that the average person doesn't often have the power to access. The stroke allowed Bolte Taylor to experience the different traits of the two halves of the brain, and she believes with the proper training, inner peace can be accessible to anyone. As you read, you'll learn the ins and outs of what occurs during a stroke, the incredible differences between the right and left brain hemispheres, and how Bolte Taylor was able to make a full

recovery after suffering a rare stroke.

The Energy Codes

The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life *Atria Books*

“For those ready and willing to build a new life, here are the tools. Powerful, incisive, extraordinary writing.” —Neale Donald Walsch, New York Times bestselling author of *Conversations with God* Transform your life with this bestselling, revolutionary, and accessible seven-step guide—grounded in energy medicine, neurobiology, and quantum physics—to awaken your true health and potential through energy healing. Eighteen years ago, health pioneer and “extraordinary enlightened visionary”

(Anita Moorjani, New York Times bestselling author) Dr. Sue Morter had a remarkable and profound awakening. While meditating, she spontaneously accessed an energy field—a level of consciousness—beyond anything she had ever imagined. This dramatic experience changed her life and set her on a mission to discover how to create such radical transformation for her patients. Through years of advanced study and research in energy healing and medicine, she developed the Energy Codes. This life-altering program has now enabled thousands of people around the world to overcome pain, disease, fatigue, anxiety, and depression, and to awaken their innate creativity, intuition, and inner power. Bridging ancient healing practices with cutting-edge

science, *The Energy Codes* offers a detailed road map to help you experience deep healing in your life. Grounded in practical, accessible exercises, including yoga, breathwork, meditations, and Dr. Morte's proprietary Bio-Energetic Synchronization Technique (BEST) protocol, *The Energy Codes* "offers deep insights...that brilliantly merge the ever-blending worlds of science and spirituality to help reveal the truth of our being and the depths of our greatness," (Jack Canfield, coauthor of the *Chicken Soup for the Soul* series).

Wildmind *Windhorse Publications*

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind.

It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Head Cases

Stories of Brain Injury and Its Aftermath *Farrar, Straus and Giroux*

Head Cases takes us into the dark side of the brain in an astonishing sequence of stories, at once true and strange, from the world of brain damage. Michael Paul Mason is one of an elite group of experts who coordinate care in the complicated aftermath of tragic injuries that can last a lifetime. On the road with Mason, we

encounter survivors of brain injuries as they struggle to map and make sense of the new worlds they inhabit. Underlying each of these survivors' stories is an exploration of the brain and its mysteries. When injured, the brain must figure out how to heal itself, reorganizing its physiology in order to do the job. Mason gives us a series of vivid glimpses into brain science, the last frontier of medicine, and we come away in awe of the miracles of the brain's workings and astonished at the fragility of the brain and the sense of self, life, and order that resides there. Head Cases "[achieves] through sympathy and curiosity insight like that which pulses through genuine literature" (The New York Sun); it is at once illuminating and deeply affecting.

A STROKE OF GENIUS

New and Revised Edition *Xlibris Corporation*

This book's first edition was written after my six year odyssey following my stroke. The doctors said if I did not die I would be completely incapacitated physically, mentally and emotionally. They said I had lost 45% of my brain and was declared 100% disabled for life. Somehow I found a way to healing and thriving as a human being. This extended second edition has added information on my eleven additional years of successful therapies which have helped me fulfill my life beyond my dreams. This edition includes my mentoring with other stroke survivors who have contacted me after they read

the first edition.

My Stroke of Insight

A Brain Scientist's Personal Journey

Lulu.com

Jill Taylor was a 37-year-old Harvard-trained brain scientist when a blood vessel exploded in her brain. Through the eyes of a curious scientist, she watched her mind deteriorate whereby she could not walk, talk, read, write, or recall any of her life. Because of her understanding of the brain, her respect for the cells in her body, and an amazing mother, Jill completely recovered. In *My Stroke of Insight*, she shares her recommendations for recovery and the insight she gained into the unique functions of the two halves of her brain.

When she lost the skills of her left brain, her consciousness shifted away from normal reality where she felt at one with the universe. Taylor helps others not only rebuild their brains from trauma, but helps those of us with normal brains better understand how we can consciously influence the neural circuitry underlying what we think, how we feel and how we react to life's circumstances.

"Stronger After Stroke, Second Edition"

Your Roadmap to Recovery *Demos Medical Publishing*

Outlines accessible techniques for stroke rehabilitation and recovery, in a guide for patients and caregivers that covers such topics as the importance of

scheduling task-specific movements, goal setting, and understanding the challenges of each stage of recovery. Original.

The Women's Brain Book

The neuroscience of health, hormones and happiness *Hachette Australia*

For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows everything worth knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about

the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of

neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

Speechless

My Recovery from Stroke *Jennifer Gordon*

At the age of 43, Jennifer Gordon suffered a debilitating stroke that robbed her of the power of speech. What was it like for an intelligent, articulate, imaginative woman to find herself in a world where she could no longer

communicate? *Speechless* tells this story. It describes the often puzzling symptoms leading to the stroke; the shock, then denial, then acceptance of the stroke itself; the periods of hospitalisation and rehabilitation and the long journey back to a 'normal' life. The author experiences despair at being dependent on others; resentment at being judged because she is different; frustration at the need for intense concentration to do even simple things; grief as she becomes aware of a loss of personality; and joy at each small step towards regaining what she has lost. *Speechless* is written with dignity, honesty and humour in a way that evokes empathy but never pity. Anyone who has ever been a patient will feel they can relate in some small way to

Jennifer Gordon's feelings of helplessness, anger, fear and gratitude as doctors, nurses, orderlies, therapists and hospital workers cross her path. Because of this, the book is enlightening reading for all health care professionals as well as relatives and friends and the patients themselves.

Quicklet on Jill Bolte Taylor's My Stroke of Insight (CliffsNotes-like Summary and Analysis)

Chapter-by-Chapter Summary and Analysis *Hyperink Inc*

ABOUT THE BOOK Curled up into a little fetal ball, I felt my spirit surrender to death and it certainly never dawned on me that I would ever be capable of sharing my story with anyone. In 2006,

ten years after she recovered from a debilitating stroke, neuroanatomist Jill Bolte Taylor self-published her book, *My Stroke of Insight*. The book is, as Taylor describes in her introduction, “a chronological documentation of the journey I took into the formless abyss of a silent mind, where the essence of my being became enfolded in a deep inner peace.” Taylor’s aim was to share the unusual story of a brain scientist experiencing her own cerebral hemorrhage, the resulting journey to an inner state of bliss, and subsequent recovery. The book’s online success was fueled by a riveting video, then followed by an appearance on Oprah. Eventually, the book was sold to Viking Press and published in hardcover, subsequently becoming a number one bestseller.

EXCERPT FROM THE BOOK She then tried to blurt out the words, "This is Jill, I need help!" Apparently Vincent could only discern grunts on the other end of the line, but he recognized Taylor's voice and understood she was in trouble. Employing similar painstaking methodology, Taylor was also able to reach her doctor. While she awaited help, Taylor alternately spent time engulfed in bliss, and then periods feeling despondent with the awareness of her mental degeneration. As a scientist, she was aware of the implications of her stroke and already grieving the possible loss of her life and/or potential for severe brain damage. When her colleague finally arrived and while she was being transported to McClean hospital, Taylor

felt herself let go: "My body fell limp and my consciousness rose to a slower vibration...in the absence of sight, sound, touch, smell, taste, fear, I felt my spirit surrender its attachment to this body and I was released from pain." Chapters 7, 8, 9: Bare to the Bone, Neurological Intensive Care, Day Two: The Morning After With my mind stripped of its ability to recall the memories and details of my previous life, it was clear to me that I was now like an infant--born into an adult woman's body. And oh yes, the brain wasn't working! After being rushed Massachusetts General Hospital, Taylor felt swarmed by medical personnel who poked and prodded her, disrupting her peace. She wanted to be left alone. Eventually she passed out completely.

When she awoke she was surprised that she was still alive. Her head throbbed and she realized she had lost all knowledge of who she was, all information held by her left brain, and was now rendered essentially an infant. Despite the discomfort and pain she felt the first day, the stroke was also a dawning of a new kind of recognition. She knew somehow she had lost herself, that the persona of Dr. Jill Taylor constructed and defined by her left brain had died. But concurrently, she realized she was now free from the trap of identity... Buy the book to continue reading!

Ask a Manager

How to Navigate Clueless

Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work *Ballantine Books*

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then

take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to

relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By* and *Get Your Financial Life*

Together

My Stroke of Insight

A Brain Scientist's Personal Journey

On the morning of December 10, 1996, Taylor, a brain scientist, experienced a massive stroke. She observed her own mind completely deteriorate. Now she shares her unique perspective on the brain and its capacity for recovery.

The Sex Lives of Cannibals

Adrift in the Equatorial Pacific *Broadway*

The author discusses his two-year stay on a remote South Pacific island, a place where he anticipated a romantic paradise but instead experienced

humorous misadventures and a host of environmental challenges.

Healing the Broken Brain *Hay House, Inc*

Dr. Mike Dow is a best-selling author, psychotherapist, and relationship expert. So why is he writing a book about stroke? Well, what you probably don't know about Dr. Mike is that his younger brother, David, is a stroke survivor. What's more, David's stroke happened when he only 10 years old. This means most of Dr. Mike's teenage years were spent witnessing what his family was dealing with trying to find the best treatments for David. He struggled to know what to do to help his brother. He watched helplessly as his brother wrestled with depression, trying to find

the motivation to recover on top of the challenges of adolescence. He mourned the loss of what could have been —and he was angry. How his family would have loved to sit down with top experts in stroke to find out what they should be doing and have their questions answered. Now Dr. Mike has the ability to do just that, and he's doing it so that others in his family's position don't have the same struggle. Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to maximize your recovery.

Stroke Rehabilitation

Insights from Neuroscience and

Imaging *Oxford University Press*

Stroke Rehabilitation: Insights from Neuroscience and Imaging informs and challenges neurologists, rehabilitation therapists, imagers, and stroke specialists to adopt more restorative and scientific approaches to stroke rehabilitation based on new evidence from neuroscience and neuroimaging literatures. The fields of cognitive neuroscience and neuroimaging are advancing rapidly and providing new insights into human behavior and learning. Similarly, improved knowledge of how the brain processes information after injury and recovers over time is providing new perspectives on what can be achieved through rehabilitation. Stroke Rehabilitation explores the potential to shape and maximize neural

plastic changes in the brain after stroke from a multimodal perspective. Active skill based learning is identified as a central element of a restorative approach to rehabilitation. The evidence behind core learning principles as well as specific learning strategies that have been applied to retrain lost functions of movement, sensation, cognition and language are also discussed. Current interventions are evaluated relative to this knowledge base and examples are given of how active learning principles have been successfully applied in specific interventions. The benefits and evidence behind enriched environments is reviewed with examples of potential application in stroke rehabilitation. The capacity of adjunctive therapies, such as transcranial magnetic stimulation, to

modulate receptivity of the damaged brain to benefit from behavioral interventions is also discussed in the context of this multimodal approach. Focusing on new insights from neuroscience and imaging, the book explores the potential to tailor interventions to the individual based on viable brain networks. This book is intended for clinicians, rehabilitation specialists and neurologists who are interested in using these new discoveries to achieve more optimal outcomes. Equally as important, it is intended for neuroscientists, clinical researchers, and imaging specialists to help frame important clinical questions and to better understand the context in which their discoveries may be used.

The Neuroscientist Who Lost Her Mind

My Tale of Madness and Recovery

HarperCollins

In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts Barbara Lipska's deadly brain cancer and explains its unforgettable lessons about the brain and mind. Neuroscientist Lipska was diagnosed early in 2015 with metastatic melanoma in her brain's frontal lobe. As the cancer progressed and was treated, she experienced behavioral and cognitive symptoms connected to a range of mental disorders, including dementia and her professional specialty, schizophrenia. Lipska's family and associates were alarmed by the changes

in her behavior, which she failed to acknowledge herself. Gradually, after a course of immunotherapy, Lipska returned to normal functioning, amazingly recalled her experience, and through her knowledge of neuroscience identified the ways in which her brain changed during treatment. Lipska admits her condition was unusual; after recovery she was able to return to her research and resume her athletic training and compete in a triathlon. Most patients with similar brain cancers rarely survive to describe their ordeal. Lipska's memoir, coauthored with journalist Elaine McArdle, shows that strength and courage but also an encouraging support network are vital to recovery.

Analysis of Jill Bolte Taylor's *My Stroke of Insight* by Milkyway

My Stroke of Insight: A Brain Scientist's Personal Journey (2008) is neuroanatomist Jill Bolte Taylor's reckoning with the stroke she had in 1996, when she was 37 years old. Describing her experience in terms of her brain anatomy and how her symptoms progressed, Taylor combines her perspectives as a scientist and a patient. Purchase this in-depth analysis to learn more.

Stronger After Stroke

Your Roadmap to Recovery *Demos Medical Publishing*

Billions of dollars are spent on stroke-related rehabilitation research and

treatment techniques but most are not well communicated to the patient or caregiver. As a result, many stroke survivors are treated with outdated or ineffective therapies. *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 healing. Written for stroke survivors, their caregivers, and loved ones, *Stronger After Stroke* presents a new and more effective treatment philosophy that is startling in its simplicity: stroke survivors recover by using the same learning techniques that anyone uses to master anything. Basic concepts are covered, including: Repetition of task-specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals

and recognizing when they have been achieved. The book covers the basic techniques that can catapult stroke survivors toward maximum recovery. *Stronger After Stroke* bridges the gap between stroke survivors and what they desperately need: easily understandable and scientifically accurate information on how to achieve optimal rehabilitation.

Never Give Up

My Stroke, My Recovery, and My Return to the NFL *Wiley*

"Tedy gives you something to believe in. Whether we're winning or losing, he holds his head high, and he knows himself and handles himself so well, others can't help but follow him. The way he practices and plays forces you to

become a better teammate; the way he demands hustle and toughness forces you to become a better leader; and the way he carries himself inspires you to become a better person. This made his return to playing on October 30 against Buffalo all the more electrifying. The stadium was louder that night than the nights we had raised our Super Bowl banners. Our captain, our leader, our inspiration was back on the field doing what he loved to do. Tedy had spent months rehabbing, had countless doctor visits, and had undergone hundreds of tests trying to play again. Just eight months after our victory in Super Bowl XXXIX, here we were celebrating a much bigger victory on our home field. Sure it was great to win the game, but that night we were celebrating Tedy's return

as he showed us teammates, fans, family, and friends what it takes to become victorious in life. "You might be coming to this book as a fan of Tedy's football skills and, don't get me wrong, gaining the insights of one of the best defenders in Patriots history is worth the price of admission, but that's just part of the story. There are a lot of reasons to look up to him, and I promise you will finish this book with an admiration for him on a much deeper level." --Tom Brady (from the Foreword)

When the Air Hits Your Brain: Tales from Neurosurgery *W. W. Norton & Company*

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant

insight and humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

Sacred Resistance

A Practical Guide to Christian

Witness and Dissent *Abingdon Press*

In the midst of polarized communities and nations, religious leaders across the theological spectrum are seeking help with how to respond and lead in troubled times. The need for courage to speak out and act is ever-present, because every generation faces a new set of fears and troubles. Author Ginger Gaines-Cirelli pastors a church in the heart of Washington DC, adjacent to the White House, which actively works to bring justice and help for marginalized communities, refugees and immigrants, and the endangered earth. She inspires and leads this work through preaching and by organizing and developing strong leaders, deeply rooted in a well-developed theological understanding. Pastoral warmth and compassion

characterize the recommended practices. Sacred Resistance addresses these questions, among others:

- When Christians see that something is wrong in our nation or community, how and when should we respond?
- When we see multiple instances of 'wrong', how do we choose which ones to address?
- How can pastors and other leaders faithfully take risks without violating relationships with the congregation or denomination?
- What historical, biblical, and theological safety nets can be relied on?
- How can we take care of ourselves and one another, so that our ministries and lives are sustained?

Relentless**How a Massive Stroke Changed My**

Life for the Better *Greenleaf Book Group*

An Incredible Journey of Determination and Recovery In 2005, Ted W. Baxter was at the top of his game. He was a successful, globe-trotting businessman with a resume that would impress the best of the best. In peak physical condition, Ted worked out nearly every day of the week. And then, on April 21, 2005, all that came to an end. He had a massive ischemic stroke. Doctors feared he wouldn't make it, or if he did make it, he would be in a vegetative state in a hospital bed for the rest of his life. But miraculously, that's not what happened . . . In *Relentless*, Ted W. Baxter describes his remarkable recovery. Not only did he live, but he's walking and talking again. He moves through life almost as easily

as he did before the stroke; only now, his life is better. He's learned that having a successful career is maybe not the most important thing. He's learned to appreciate life more. He's learned that he wants to help people—and that's what he does. He gives back, volunteering his time and effort to help other stroke victims. *Relentless* is a wonderful resource for stroke survivors, caregivers, and their loved ones, but it is also an inspiring and motivating read for anyone who is facing struggles in their own life.

Make Peace with Your Mind

How Mindfulness and Compassion Can Free You from Your Inner Critic
New World Library

The inner critic is the voice inside our heads reminding us that we are never “good enough.” It’s behind the insidious thoughts that can make us second-guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Meditation teacher and therapist Mark Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each chapter offers constructive insights into what creates, drives, and disarms the critic; real people’s journeys to inspire and guide readers; and simple practices anyone can use to live a free, happy, and flourishing life.

Broken Crayons Still Color *Body and*

Soul Publishing LLC

Emma and Sophia discover the answer to this question in this fun and impactful children's book. This is a book adults will love reading over and over again as the message brings hope to those of any age. It's a perfect way to end the day and a gift appropriate for any occasion. The book includes discussion questions and a memory verse at the end.

I'll Be OK, It's Just a Hole in My Head

A Memoir on Heartbreak and Head Trauma

True story of Hayes sudden brain hemorrhage at twenty-two - and the heartache and strength that it took to overcome it.

Dangerous World of Butterflies

The Startling Subculture of Criminals, Collectors, and Conservationists *Rowman & Littlefield*

This widely praised book chronicles Peter Laufer's adventures within the butterfly industry and the butterfly underground. Laufer begins by examining the allure of butterflies throughout history, but his research soon veers into the high-stake realms of organized crime, ecological devastation, museum collections, and chaos theory. His ever-expanding journey of discovery throughout the Americas and beyond offers a rare look into a theater of intrigue, peopled with quirky and nefarious characters—all in pursuit of these delicate, beautiful creatures. Read this book, and your

garden—and the world—will never quite look the same.

Run, Don't Walk

The Curious and Courageous Life Inside Walter Reed Army Medical Center *Penguin*

M*A*S*H meets *Scrubs* in a sharply observant, darkly funny, and totally unique debut memoir from physical therapist Adele Levine. In her six years at Walter Reed Army Medical Center, Adele Levine rehabilitated soldiers admitted in worse and worse shape. As body armor and advanced trauma care helped save the lives—if not the limbs—of American soldiers fighting in Afghanistan and Iraq, Walter Reed quickly became the world leader in

amputee rehabilitation. But no matter the injury, physical therapy began the moment the soldiers emerged from surgery. Days at Walter Reed were intense, chaotic, consuming, and heartbreaking, but they were also filled with camaraderie and humor. Working in a glassed-in fishbowl gymnasium, Levine, her colleagues, and their combat-injured patients were on display at every moment to tour groups, politicians, and celebrities. Some would shudder openly at the sight—but inside the glass and out of earshot, the PTs and the patients cracked jokes, played pranks, and compared stumps. With dazzling storytelling, *Run, Don't Walk* introduces a motley array of oddball characters including: Jim, a retired lieutenant-colonel who stays up late at

night baking cake after cake, and the militant dietitian who is always after him; a surgeon who only speaks in farm analogies; a therapy dog gone rogue; —and Levine's toughest patient, the wild, defiant Cosmo, who comes in with one leg amputated and his other leg shattered. Entertaining, engrossing, and ultimately inspiring, *Run, Don't Walk* is a fascinating look into a hidden world.

Summary and Analysis of My Stroke of Insight: a Brain Scientist's Personal Journey by Jill Bolte Taylor

This is a Summary and Analysis of *My Stroke of Insight: A Brain Scientist's Personal Journey* by Jill Bolte Taylor and not the original book. Contained in this book is a detailed summary and analysis of the ideas and thoughts of the author

in simple and and easy-to-understand form. NOTE: This is book is an unofficial Summary and Analysis of My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor and acts as a study guide and its not the original book by the author(Jill Bolte Taylor) How can I get this book? You can get this book by scrolling up and clicking on the "Buy now with 1-click" button at the top of the page.

Ten Stupid Things Men Do to Mess Up Their Lives *Dr. Laura Schlessinger*

The straight-talking radio host, author of 10 Stupid Things Women Do to Mess Up Their Lives, shows men how to think through their decisions, restrain their macho impulses, and marry for the right reasons. Reprint.

With One Hand Tied behind My Brain

A Memoir of Life after Stroke *Texas A&M University Press*

Most would not expect a book about a stroke to be entertaining, but this memoir will force you to laugh through a tragedy, then cry, then laugh again. Avrel Seale was fifty, did not smoke or drink, had low blood pressure, and had hiked more than two hundred miles the year a stroke nearly ended his life. In an instant, he was teleported into the body of an old man—unbalanced, shaky, spastic, and half-paralyzed. Overnight, he was plunged into a world of brain surgeons, nurses, insurance case managers, and an abundance of therapists. Beginning three weeks before

his stroke to set the stage, Seale leads us through the harrowing day of his stroke and emergency brain surgery with minute-by-minute intensity. We then follow him through ICU, a rehab hospital, and a neuro-recovery group-living center, where we meet a memorable cast of other stroke survivors and also those recovering from auto accidents and gunshots. Finally home, Seale leads us through a new life of firsts, including returning to work, to driving, to playing guitar, to camping, and even to writing a book—all with one hand. What emerges from his humor (“elegant but devastating”) is a revealing critique of the hospital experience, the insurance industry, and rehab culture. And his nothing-off-the-table quest for recovery shows both the sobering struggles and

inspiring possibilities of life after a stroke in twenty-first century America.

A Matter of Death and Life *Stanford University Press*

A year-long journey by the renowned psychiatrist and his writer wife after her terminal diagnosis, as they reflect on how to love and live without regret. Internationally acclaimed psychiatrist and author Irvin Yalom devoted his career to counseling those suffering from anxiety and grief. But never had he faced the need to counsel himself until his wife, esteemed feminist author Marilyn Yalom, was diagnosed with cancer. In *A Matter of Death and Life*, Marilyn and Irv share how they took on profound new struggles: Marilyn to die a good death, Irv to live on without her. In

alternating accounts of their last months together and Irv's first months alone, they offer us a rare window into facing mortality and coping with the loss of one's beloved. The Yaloms had numerous blessings—a loving family, a Palo Alto home under a magnificent valley oak, a large circle of friends, avid readers around the world, and a long, fulfilling marriage—but they faced death as we all do. With the wisdom of those who have thought deeply, and the familiar warmth of teenage sweethearts who've grown up together, they investigate universal questions of intimacy, love, and grief. Informed by

two lifetimes of experience, *A Matter of Death and Life* is an openhearted offering to anyone seeking support, solace, and a meaningful life.

Strokeland

My Husband's Midlife Brainstorm and Its Ambivalent Aftermath

A memoir about how a husband and father's stroke affected him and his family.

A Stroke of Genius

Messages of Hope and Healing from a Thriving Stroke Survivor *Cedar Tree*