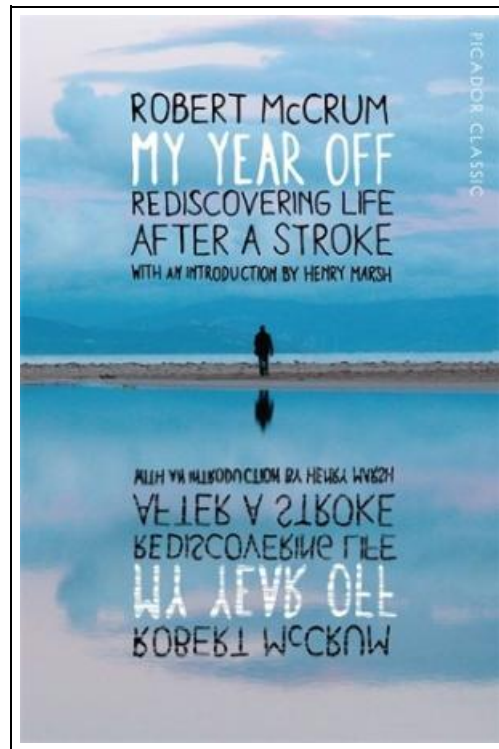


My Year Off: Rediscovering Life After a Stroke (Paperback)



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MY YEAR OFF: REDISCOVERING LIFE AFTER A STROKE (PAPERBACK)



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Pan MacMillan, United Kingdom, 2015. Paperback. Condition: New. Main Market Ed. Language: English . Brand New Book. With an introduction by Henry Marsh, author of *Do No Harm* My brain, which had just let me down so badly, was perhaps never so active. The paramedics question was a fundamental one. Who are you? Yes indeed. Who am I? Robert McCrum was forty-two when he suffered a massive stroke which left one side of his body totally paralysed, his speech drastically impaired, and his sense of himself radically altered. What followed was a prolonged period of recovery, full of heart ache and frustration, as he gradually regained sensation, movement and self-esteem and as his family pulled together in the extraordinary effort necessary to make him well again. *My Year Off* is a moving story of determination, courage and love that sings with wit and honesty. An invaluable insight into the reality of life after stroke, the moments of hope, the anger and despair, this is a touching classic that gives voice to millions.



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