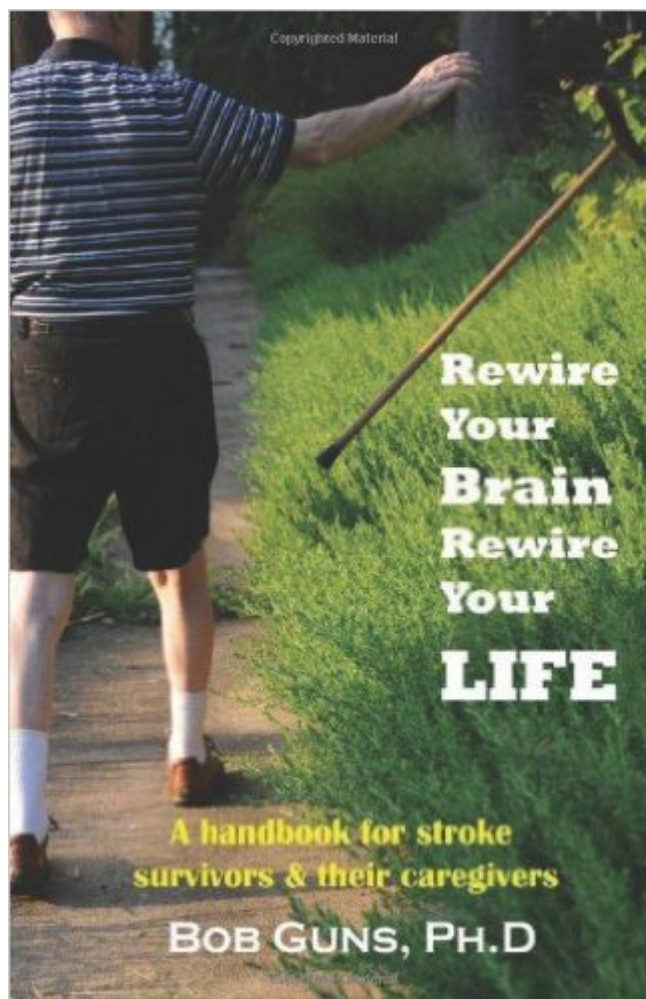


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# Rewire Your Brain, Rewire Your Life: A Handbook For Stroke Survivors & Their Caregivers



## Synopsis

Breakthroughs in brain-imaging technology (CT scans, fMRIs, etc.) and pioneering brain research show the brain is still capable of learning and changing despite stroke or aging. Such findings give new hope for stroke survivors. That's why this handbook was written. *Rewire Your Brain, Rewire Your Life* builds the case for hope, tells the stories of Strong Stroke Survivors and provides sound, practical counsel from Powerful Caregivers. Moreover, it outlines a program- RAISE (Reflect, Analyze, Identify, Start, and Evaluate) that can improve a survivor's specific capability up to 40% or even higher. This handbook is designed to build capability and hope for those stroke survivors who feel they have reached their limits.

## Book Information

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## Customer Reviews

Dr. Guns has an excellent view of how to approach a new idea to the stroke survivor and empathy for the caregiver, as he is a survivor himself. He and his program RAISE the hopes and help to revitalize the survivor's outlook on life. Using basic concepts of Reflect, Analyze, Identify, Start, and Evaluate (RAISE) emphasizes thinking and preparation for obtaining a goal or goals for the stroke survivor, giving both the survivor and the caregiver the written tools, which they themselves create, to follow and remember/review. The key in the program success is for the survivor and the caregiver to create their own plan, not have it pushed at them by someone else. This program can be used by anyone struggling to set goals along the way to overcoming a challenge. Having used and continue to use/update the program and my goals as a survivor, it still continues to amaze me at how much

these simple steps have improved my life.

Using the stories of real survivors and caregivers, Dr. Guns has created a simple yet powerful method for rebuilding skills after stroke. It's one of those books that you can refer over and over again.

The book was easy to read, understand, and apply. The author gives very practical and extremely useful information for stroke survivors. He understands the issues because he himself is a survivor. The stories in the book were motivating and encouraging.

I had a stroke a little over four years ago. Although I live in a country that allows me, at very low cost, excellent therapy, I still find that I need to work on my own. This book gave me good suggestions, great examples and helped me to increase my motivation. Thanks for the inspiration and encouragement. Since I will probably never play my guitar again, I am proceeding with the ukelele. I can now play two chords very well and am working on a third so I can play more songs--hopefully soon.

While Dr Guns has written an extremely motivational book for the stroke survivor (and caregiver), the absolutely best thing about this book is that it provides a road map to success: actual, practical steps to follow that will make a difference. It is not a feel good book, some of it is hard, and forces one to face reality- but that is the first step to progress. I believe that this book would be useful to a larger portion of the population than just the stroke survivor community. Many people with some form of physical disability or limitation can use some of the steps to make real improvements in their everyday abilities. Even more important than physical improvement is the chance to sharpen and focus one's view of one's situation, even if the final determination is that improvements are not physically possible.

The book is awesome. I seriously believe that you have a winner here. The book provides true motivating stories of fellow survivors who have beaten the odds. Dr. Bob provides a practical "How to" that will enable you to improve if you do the work. It is much more than a handbook. It is way more than what I was expecting. It is much read for stroke survivors and caregivers alike. Bob Miller [...]

The book is refreshingly easy to read, and small enough to fit in your back pocket. It's not technical,

but presents enough data to let the reader know what sorts of things can happen in the brain. Dr. Guns lists a roster of stroke-disabled folks, and talks about the way they have retrained their brains to recover some usable skills. It's not a one-size-fits-all-problems book - its more like one-more-step-that-can-help. Worth reading.

A powerful book for stroke survivors written by "one who has been there", a fellow stroke survivor. This book offers help and hope in an easy to read and understand format.

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