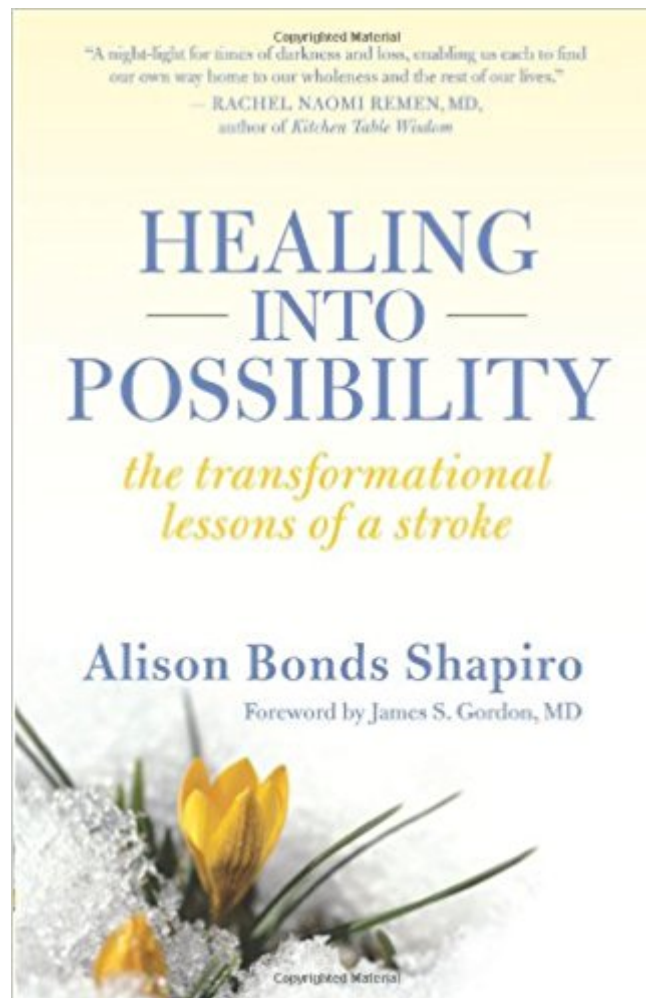




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Healing Into Possibility: The Transformational Lessons Of A Stroke



Synopsis

Alison Bonds Shapiro suffered two debilitating and nearly fatal strokes in her fifties. Healing into Possibility chronicles her experience of learning, through trial and error, that her attitude would play the most important role in her remarkable recovery. In this touching book, Shapiro teaches simple principles that anyone can use when faced with illness, injury, or any other seemingly insurmountable problem to transform despair into hope and dead ends into possibilities.

Book Information

Paperback: 280 pages

Publisher: HJ Kramer/New World Library (June 2, 2009)

Language: English

ISBN-10: 1932073248

ISBN-13: 978-1932073249

Product Dimensions: 5.4 x 0.7 x 8.3 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 21 customer reviews

Best Sellers Rank: #1,340,715 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #13163 in Books > Self-Help > Motivational #20389 in Books > Self-Help > Personal Transformation

Customer Reviews

"A night-light for times of darkness and loss, enabling us each to find our own way home to our wholeness and the rest of our lives." — Rachel Naomi Remen, MD, author of Kitchen Table Wisdom

"Should be required reading for everyone who has had a brain injury. It will serve as a great help to caregivers as well. And it could be an inspiring source of support for anyone on a feasible but unpredictable path of recovery for whom the principal ingredients for sustaining their diligence are tenacity and true grit." — Sylvia Boorstein, PhD, author of Happiness Is an Inside Job

"Reading this book is like being with a friend who is warm, wise, gentle, and powerfully insightful; an articulate and really interesting friend who can share with you profound healing opportunities that can come with unexpected catastrophe." — Martin Rossman, MD, founder, TheHealingMind.org, and author of Guided Imagery for Self-Healing

"From ancient times, there have been people called 'wounded healers' who use their own experience with illness to heal others. Alison Bonds Shapiro is one of the outstanding wounded healers of our time, and her superb book offers healing lessons for us

all.â •#151; Roger Walsh, MD, PhD, professor, University of California Medical School, and author of Essential Spirituality

Alison Bonds Shapiro works with stroke survivors and their families at an HMO in Northern California. She also serves as an advisor to a small nonprofit dedicated to stroke survivors. She lives in Mill Valley, California.

I suffered a right hemisphere stroke ten years ago, After the maximum occupational, physical, and speech therapy allowed by insurance, I functioned ok. I accepted my limitations because I was told that there would be no improvements after six months. Last Dec. I got a coach who encouraged me to work on overall body conditioning, hand therapy, and speech. I speak with her every week and she told me my speech is much improved. So even after 10 years, the brain's neuroplasticity works. I bought this book in addition to several other books thru to learn of experiences by other stroke survivors, and to review for a new website i created in February--[...]Of the books I've read, this is one of the best. For each of the principles, you need to let go of attitudes, emotions, and behaviors that don't serve you. The last chapter is a gem to be treasured and shared with anyone who has struggled with difficulties--that is, everyone. Her first principle of transformation is: 'it's the how, not the what.' I had to accept what happened. I was depressed, but then i realized that that feeling was counterproductive and chose to work with what I had, which gradually increased over time. Her second principle is 'show up.' Blaming circumstances or asking 'why me?' is not helpful. I needed to take responsibility for myself and respond to what life brought me and still brings me. If you say to anyone, including yourself, you 'can't' do something, you give away your power before you even start. Her third principle is 'open your heart.' When I opened my heart and looked at the world without judgment, I felt love, compassion and hope. I developed a positive attitude so that I was able to learn, with ease joy. comfort and even laughter. Her fourth principle is 'start from where you are.'--not from where u wish you were. When i started from where i was, i was able to be mindful. create goals, break old habits, and challenge my preconceived notions of what's possible. Her fifth principle is 'be skillful.' What she means by that is 'the more I'm willing to work and learn to work smarter, the better my chances for positive change will be." I did the best i was capable of each day, and wasn't ashamed to ask when i needed help. Her sixth principle is 'practice self care.' i learned to forgive my mistakes, and dealt loving with myself and others. Her seventh principle is 'let go.' As she says, you need to have 'no story,' never knowing in advanced what the outcome would be from your efforts. This lesson was the hardest for me to learn. I had to let go of control. When i was able to

appreciate 'the now,' and trust, i was able to work with the unfolding possibilities. Her eighth principle is 'get out of the way.' I learned to accept the fact that i am no better or worse than anyone else, and stopped comparing myself with others, This freed me to be open to endless opportunities.

Alison Bonds Shapiro provides a mix of practical wisdom and inspirational stories in this book about her experiences in recovering from two debilitating strokes. The insights would be helpful to anyone embarking on a healing and recovery journey after a major health challenge. Each person's recovery process will reflect the individual's life experiences and care environment, but I would recommend this book for anyone facing such a situation.

If those around you have not had a stroke and you have this is must read. The information is invaluable. The medical profession leads you to believe what progress you've achieved by 6 months after a stroke, is it. This author shares other amazing recoveries which have occurred way after the 6 month period. I took the author's lead and found a chair yoga class and I've used an acupuncturist. Both I know have helped. Thank you Allison for guiding me into the world of "yes I can" maybe not today but it can and will happen if I work at it.

This book had some deep insights into stroke recovery. Worth a read if you have been dealing with after effects of stroke as a survivor or as a caregiver.

I bought this book for my sister who had a stroke 5 years ago. She loves it and says it has encouraged her greatly and that to read that she is not alone in what she is going through is very helpful for her. A lot of things in the book is relevant to my sister and she has a better view of things now and says the book encourages her to go on.

Found very helpful after my brothers stroke

I have read every book I could find by a stroke survivor, and this is the absolute best of the lot. Very well written and inspiring. I had a major stroke 2 years ago and wish I had found this book then. Never ever give up. The brain is amazing.

Wonderful reading for anyone who has had or knows anyone who has had a stroke!

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