



Different Strokes: An Intimate Memoir for Stroke Survivors, Families, and Care Givers

Steven Boorstein

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“Strokes are the third-leading cause of death in America, and for the ‘lucky’ stroke victims who don’t die, about half will spend the rest of their lives trying to recover.” Roughly 700,000 American suffer a stroke each year and around 140,000 of them are fatal. *Different Strokes* is an in-depth look at what surviving, or not surviving, a stroke can mean. And Steven Boorstein should know—at age fifty-two, he suffered a stroke after a hit on the ski slopes of Vail. Part-memoir, part-how-to, Steven Boorstein’s book will help you to recover from a stroke, whether you were the victim of one or had to watch a loved one suffer.

Dividing the book into three distinct sections, Boorstein first focuses on his personal experience with a stroke, how he recovered, and his controversial use of medical marijuana to help resurrect his damaged mind and wracked body. The second part of this book explores how others have dealt with a stroke. Hear first-hand from stroke survivors and their loved ones about what effect a stroke had on their marriage, sex life, careers, relationships (with children, relatives, strangers), and more. The finale of the book covers tools and helpful resources—therapies, therapeutic tools, and exercises; organizations for survivors; and key words—for people who have had a stroke, been diagnosed as being at risk, or for those whose loved ones are at risk or are recovering. This is an essential book for anyone who’s ever had, or been hurt by, a stroke.

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