

## **MY STROKE OF INSIGHT**



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Welcome to the My Stroke of Insight website, an interactive place to read inspiring stories and share techniques on how to create deep inner peace.

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### **My Stroke of Insight A Brain Scientist's Personal Journey**

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.

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I heard of My Stroke of Insight by Dr. Jill Bolte Taylor after attending a stroke support group meeting as an assignment while I was a student in a Physical Therapist Assistant program.

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### **Dr Jill's Book Dr Jill Bolte Taylor**

My Stroke of Insight is a New York Times Bestseller from 2008 and is published by Penguin Group USA. You may order a copy through online stores including Amazon and Barnes & Noble, or ask your local bookstore. It is available in hardcover, paperback, audio (abridged and unabridged, both read by the author), and large-print edition.

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### **Home Dr Jill Bolte Taylor**

Books for a Better Life has awarded My Stroke of Insight with one of their 2009 Book Awards! The ceremony took place February 23, 2009 in New York City, with special awards going to Dr. Mehmet Oz, Dr. Michael Roizen, and Robert Miller.

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### **Jill Bolte Taylor Wikipedia**

Jill Bolte Taylor (/ b l t i /; born May 4, 1959) is an American neuroanatomist, author, and inspirational public speaker.. Bolte Taylor began to study about severe mental illnesses because she wanted to understand what makes the brain function the way it does and the cause between her dreams becoming reality while her brother cannot connect his dreams to reality, making them a delusion.

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### **Psychological Needs following Stroke NHSGGC**

The Psychological Consequences of Stroke Cognitive Impairment Approx 35% of patients are cognitively impaired post stroke (Tatemichi et al, 1994) Impairments may affect attention, memory, language, movement,

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### **A stroke can happen at any age but lifestyle changes can**

A stroke can happen at any age but lifestyle changes can reduce your risk In this Stroke Awareness Month, Jenny Lee asks the experts how to reduce your risk of having a stroke

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