

jennifer

- stroke 3 yrs ago
- reflect stroke
- motivational speaker
- content creator
- mom: caryn
- book
- used to be in perfect health, very active
- seemingly healthy
- family business in long island
- launched an entrepreneur from college
- skin polthecary
- 8 yrs
- essential rose: product very successful
- tried to get funding, tried to diversify
- unable to and went into family buisness
- wednesday morning had a stroke
- they thoought she overdosed
- recovery began at rehab hospital
- brain couldn't recognize right side of body
- couldn't walk, right side completely messed up
- head directed to the left and couldn't move to center
- no peripheral version and little forward vision
- still working on recovery
- went from being a well accomplished and active person to someone who was unable to recognize or do anything
- still trying to fix right side, can't walk without walker, still no peripheral vision
- mom wrote a book
- jen always writing content for her company
- jen had no idea what had happened from the time of the stroke
- mom took notes to help process everything
- wrote the book off that from many different perspectives of different roles
- used prior spiritual practices to cope and get better
- who are these ppl and why should we care - get ppl to care
- august 6th book released; very successful
- in top 10 amazon listings
- stroke at age 30
- neuroplacistity: rewire through neuro paths
- weak brain signals

website

- interactive
- get word out about book
- calendar w the book events
- keep it current
- research piece w what the foundations of brain science are doing
- charitable component to give back to places (brain aneurysm foundation)
- pittsburgh uni
- latest research done on strokes
- FAQs
- Discussion board
- keep the colors
- keep the drawings
- keep reviews, add some more and comments
- keep newsletters
- keep ratings
- add good reads
- want it to be the place where ppl go to know what's going on w books and science
- podcasts:
- philosophical questions
 - how do you be present
 - someone is fine one second and the next you're not sure if she will live
 - what do all these doctor things mean
- mental health resources
- @jenniferrosegoldman insta