

**Disclaimer: Although Retreat & Refresh Stroke Camp is providing the following book titles, RRSC does not endorse any particular book or author.**

### **Rehab & Recovery**

- The Stroke Recovery Book: A Guide for Patients and Families**, by Kip Burkman, M.D.
- How To Conquer the World with One Hand...and An Attitude**, by Paul E. Berger and Stephanie Mensh
- How To Conquer Hobbies with One Hand: 50 Tips and Tools to Make Things**, by Paul E. Berger and Stephanie Mensh
- One-Handed in a Two-Handed World**, by Tommye-Karen Mayer
- After a Stroke: 300 Tips for Making Life Easier**, by Cleo Hutton
- The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science**, by Norman Doidge, M.D.
- Hope: A Stroke Recovery Guide**, by the National Stroke Association, order a bound copy by calling 1-800-STROKES or go online [www.stroke.org](http://www.stroke.org) to download and print a free copy
- 100 Questions & Answers About Stroke: A Lahey Clinic Guide**, by Kinan K. Hreib, M.D., Ph.D.

### **Books for Survivors**

- Different Strokes: An Intimate Memoir for Stroke Survivors, Families, and Caregivers**, by Steven Boorstein  
[www.survivingstroke.com](http://www.survivingstroke.com)
- Like A Bolt: Tragedy to Triumph After Stroke As I Lived It**, by Mary Morgan
- Stroke, Brain Assault**, by Madelina A. DePaz
- Take Brave Steps For Stroke Survivors and Families: A Message of Motivation and Hope**, by Ron Gardner
- My Stroke of Insight: A Brain Scientist's Personal Journey**, by Jill Bolte Taylor, Ph.D.
- I'll Carry the Fork! Recovering a Life After Brain Injury**, by Kara L. Swanson
- My Year Off: Recovering Life After a Stroke**, by Robert McCrum
- Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors & Their Caregivers**, by Bob Guns
- Stroke Diaries: A Guide for Survivors and their families**, by Olajide Williams, MD
- The Fire Within: A True Story of Triumph Over Tragedy**, by Valerie L. Greene
- A Stroke of Genius: Messages of Hope and Healing From a Thriving Stroke Survivor**, by Sandy Simon
- Don't Leave Me This Way: Or When I Get Back on My Feet You'll Be Sorry**, by Julia Fox Garrison
- A Piece of Her Mind: A Mother-Daughter Journey Through Stroke and Recovery**, by Mona Gupton and Stacy Gupton
- Into the Blue: A Father's Flight and A Daughter's Return**, by Susan Edsall

### **Books for Caregivers**

- Who Cares: A Loving Guide for My Future Caregivers**, by Dee Marrella
- The Comfort of Home for Stroke: A Guide for Caregivers**, by Maria M. Meyer and Paula Derr, RN with Jon Caswell, Stroke Connection Magazine
- Living With Stroke: A Guide for Families**, by Richard Senelick, M.D., and Karla Dougherty
- The Magic of Humor in Caregiving**, by James R. Sherman, Ph.D.
- Positive Caregiver Attitudes**, by James R. Sherman, Ph.D.
- Creative Caregiving**, by James R. Sherman, Ph.D.
- The Tough & Tender Caregiver: A Handbook for the Well Spouse**, by David A. Travland, Ph.D. and Rhonda Travland

- Nursing Homes and Assisted Living:** The Family's Guide to Making Decisions and Getting Good Care, by Peter S. Silin
- When The Time Comes:** Families with Aging Parents Share Their Struggles and Solutions, by Paula Span
- Lessons from the Ancients:** A Humorously Helpful Guide for Caregiving, by J. Dyess Calhoun
- Passages in Caregiving:** Turning Chaos into Confidence, by Gail Sheehy
- To Love What Is:** A Marriage Transformed, by Alix Kates Shulman
- Eureka! Memories and Motivations:** A Strategy for Creating a Healing Home for the Stroke/Brain Injury Patient and Caregiver, by Madonna Siles C.P.C.
- Port in The Storm:** How to Make a Medical Decision and Live to Tell About It, by Cole A. Giller, M.D., Ph.D.
- Brain, Heal Thyself:** A Caregiver's New Approach to Recovery from Stroke, Aneurysm, and Traumatic Brain Injuries by Madonna Siles
- Share the Care,** by Cappy Capossela and Sheila Warnock
- Coping with Stroke:** 50 Answers to Everyday Caregiver Challenges, by Monica Vest Wheeler

### Children's Books

- Now One Foot, Now the Other,** by Tomie dePaola
- Beamer Learns the Signs of Stroke and How to Help,** by Cindy Chambers

### Books on Aphasia

- Talking About Aphasia,** by Susie Parr, Sally Byng, and Sue Gilpin with Chris Ireland
- Barkin' Dog:** How to Talk with Aphasia, by Ed Bas
- A Mind of My Own:** Memoir of Recovery from Aphasia, by Harrienne Mills

### Inspirational Books (not necessarily stroke specific)

- You Can Do It!** 105 Thoughts, Feelings and Solutions to Inspire You, By Paul Berger and Stephanie Mensh
- The Power of Attitude,** by Mac Anderson
- The Blue Day Book:** A Lesson in Cheering Yourself Up, by Bradley Trevor Greive
- Loving What Is:** Four Questions that can Change Your Life, by Byron Katie with Stephen Mitchell
- The Ten Things to Do When Your Life Falls Apart:** An Emotional and Spiritual Handbook, by Daphne Rose Kingma
- **In Praise of Slowness:** Challenging the Cult of Speed, by Carl Honoré
- The Diving Bell and the Butterfly,** by Jean-Dominique Bauby

### Finances

- Nolo's Guide to Social Security Disability:** Getting & Keeping Your Benefits by David A. Morton III, M.D.
- How To Get SSI and Social Security Disability:** An insider's Step by Step Guide, by Mike Davis.