

## My Year Off Rediscovering Life After A Stroke Picador Classic

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My Year Off: Rediscovering Life After a Stroke (Picador Classic) by McCrum, Robert at AbeBooks.co.uk - ISBN 10: 1447289269 - ISBN 13: 9781447289265 - Picador - 2015 - Softcover

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My Year Off is a moving story of determination, courage and love that sings with wit and honesty. An invaluable insight into the reality of life after stroke, the moments of hope, the anger and despair, this is a touching classic that gives voice to millions.

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On the morning of July 29, 1995, Robert McCrum--forty-two-years old, newly married, at the top of his profession as one of British publishing's most admired editors, and in what he thought was the full bloom of health--awoke to find himself totally paralyzed on the left side, the victim of a stroke brought on by a massive cerebral hemorrhage. In My Year Off, McCrum takes readers through his own education about strokes and the frustrating reality that medical science can neither pinpoint the ...

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"My Year Off gives voice to the millions of people who suffer from strokes.... [It] is a testament to the parallel trials and the courage of the family members of stroke victims." - The New York Times Book Review

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Introduction ¶ My year off began with a headache, a glass of champagne ¶ and a question. First, for reasons which are still mysterious, a surreptitious clot began to form in one of my cerebral arteries, cutting off the blood supply to part of the one organ in the body, next to the heart, which is most greedy for blood. ¶ (McCrum, 2015)

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