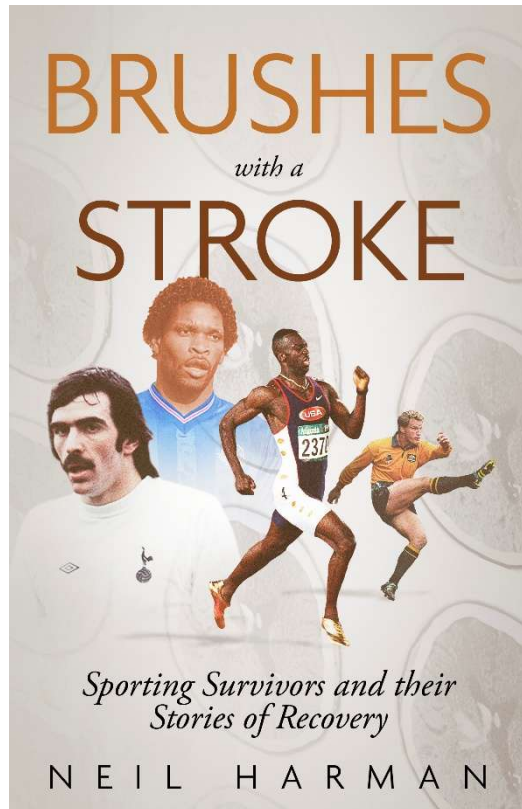




## Title information



### Brushes with a Stroke

Seven Survivors and their Stories of Recovery

By Neil Harman

#### Key features

- Interviews with six people from the world of sport who have suffered a stroke, including Olympian Michael Johnson and former Australian rugby captain Michael Lynagh
- The stresses and strains of life on a stroke ward, where hope is so often in short supply but where sadness and humour mix in the strangest of atmospheres
- Neil relates how the life of the stroke victim is turned upside down and how their family and friends cope with changes that follow such physical and mental upheaval
- Examines the key elements that can assist a successful rehabilitation from a stroke – strength, positivity, patience, inspiration and a never-say-die attitude
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines, plus work with the Stroke Association, the UK's leading stroke charity

#### Description

On any given day in the United Kingdom, 200 people will be cut down by a stroke. No two strokes are the same, but each can have a potentially devastating impact on the victim's quality of life. Veteran Fleet Street sportswriter Neil Harman suffered a brain haemorrhage on May Bank Holiday 2023, spent four months in hospital, and had to face up to a retirement very different from the one he planned. In *Brushes with a Stroke: Seven Survivors and their Stories of Recovery*, Neil recounts his own experiences and speaks to athletes of various hues as their lives spin into turmoil, exploring the strength and resilience required to return to some degree of normality. Each one is a vivid account of doubt, fear and, ultimately, fierce determination. This powerful book will provide inspiration to those living each day with the debilitating effects of a stroke, showing there can be light at the end of the tunnel.

#### Details

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