



# STROKES ARE NOT FOR SISSIES

*Sharon Hope*

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## **STROKES ARE NOT FOR SISSIES Sharon Hope**

What you are holding in your hands is no ordinary stroke survivor's manual. The author herself, still fighting the crippling effects of a cardiovascular accident, refuses to give in to a victim mentality. With the help and encouragement of her family she has painstakingly written of her journey in the hopes that it will help and encourage fellow stroke survivors, their caregivers, and their families. Her candor and sense of humor are evident throughout the book. Sharon was first introduced to me in junior high when she and her parents moved from Texas to our small community in Arkansas. With her winning smile, good looks, and sparkling personality she quickly became one of the most popular girls in school, and I felt lucky to be considered one of her friends. Sharon seemed intrigued by my large family of brothers and sisters, and I was mesmerized by her personality and popularity. Our young friendship became cemented on our return trip from a long field day at the state fair in Little Rock. All my money had been spent, and I was extremely hot and thirsty. Laying aside her own needs, Sharon spent her last 50 cents to buy a coke for me. Sharon's unselfishness and caring spirit is again apparent in wanting to share with you the lessons and tips she has learned in managing the devastating effects that accompanied her stroke. As a registered nurse I find her book to be a refreshing approach to the everyday challenges that come as an overwhelming onslaught to patient and caregiver. I believe that reading her experiences will make you smile, renew your hope, and inspire you to turn your tragedies into triumph!

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