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Conquering Stroke: How I Fought My Way Back and How You Can Too

Valerie Greene

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Conquering Stroke: How I Fought My Way Back and How You Can Too Valerie Greene
"A true story of triumph over tragedy, this book is a must-have guide for anyone affected by stroke."
—William S. Maxfield

"Valerie Greene's courage, persistence, and willingness to search for the healing energies within her have shifted her body, mind, and spirit. Her story is an inspiration to all."
—Donna Eden

Stroke is the third leading cause of death in the United States today and the leading cause of adult disability. Now Valerie Greene, a stroke survivor whose recovery surpassed even the most optimistic expectations, uses her own dramatic, inspiring, and eye-opening story to illustrate and deliver the important practical information you and your loved ones need to prevent, recognize, minimize, and recover from stroke.

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