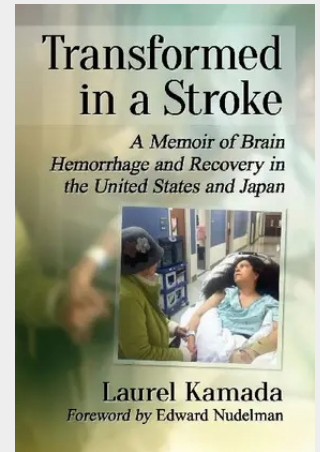


Transformed in a Stroke

A Memoir of Brain Hemorrhage and Recovery in the United States and Japan

In 2013, while visiting her sister in the United States, Laurel Kamada collapsed. Far from her husband, son, career, and home in Japan, she spent the next few weeks in a coma from a stroke that left a hole the size of a baseball in the center of her brain. In this multicultural memoir, Kamada writes about her years of recovery with a profound sense of grace, still seeing the beauty in her life while not shying away from its many struggles. This five-part book addresses the basics of strokes; an east-west comparison of stroke rehabilitation between Japan and the US, advice and help for the primary caregivers and families of stroke survivors, and lessons on how to improve systems of care and rehabilitation. Kamada also introduces networking means and advice to help stroke survivors, their families and friends, and professionals working in long-term care facilities, such as nursing and rehabilitation staff.

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