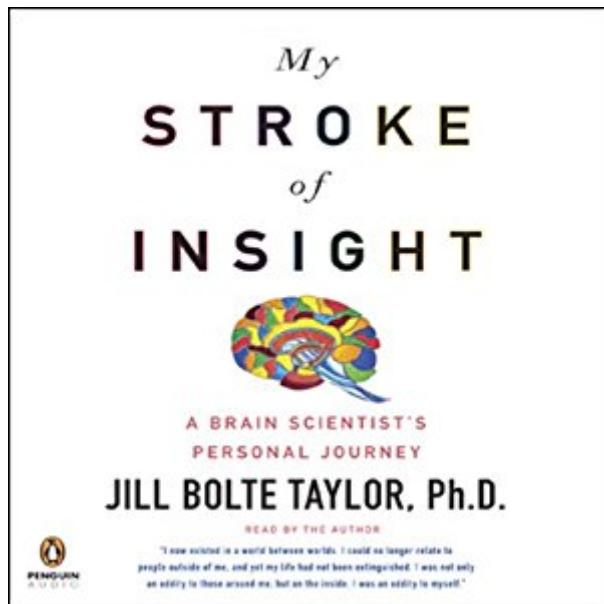


The book was found

# My Stroke Of Insight



## Synopsis

The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven- year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life-all within four hours-Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I heard of My Stroke of Insight by Dr. Jill Bolte Taylor after attending a stroke support group meeting as an assignment while I was a student in a Physical Therapist Assistant program. My father also had a stroke in 2008 so I was interested in reading about a medical professional's life. I found the book to be very informative and inspiring. I highly recommend it to anyone who has experienced a stroke or is interested in learning more about the brain and how it works.

account of what was happening to their body as they themselves were experiencing a stroke. This book was much more than I was expecting. As a medical professional myself now I wasn't sure if Dr. Bolte Taylor would sound very clinical and dive into lecturing, but it was quite the opposite. Dr. Bolte Taylor did explain some neuro anatomy and structures affected during her stroke but she expressed her thoughts in such detail they were so powerful, human and gripping. As I read, I was so moved by her courage and determination to push through and focus on her recovery. I loved how she reflected on relearning everything and appreciated her right hemisphere where creativity lies waiting to be explored and how she embraced her artistic side after her stroke. This is a fantastic book I highly recommend for anyone even if you don't have a relative who has had a stroke or even if you don't work in the medical field Dr. Bolte Taylor explains her story in a way that is so moving any reader will walk away from it with compassion and so many lessons.

This is the second time I bought this book. This time, being older, I could relate to deaths in my family and understand the book from beginning to end. It is awesome and provides so many pointers subtle clues for working with and just as important being with people who are not only having strokes but who are getting senile or having memory loss problems. While the later 2 are not directly addressed, the information is there. Its a wonderful book. I think it also helps in the quest to dwell in silence, stillness and relaxing space. Highly recommended.

Recommended to me by my father. My mother had a brain tumor and stroke -- my Dad and I both regret not understanding what might be going on in someone's brain when they are not responsive to you. This is a truly remarkable real life story that should be mandatory reading for anyone dealing with a stroke patient. It is uplifting and enlightening. It is a spiritual book -- one that in ways scientifically explains the make up of our physical body and our brain -- and what happens in our brain becomes our reality and experience of life. I've looked up Jill Bolte Taylor on YouTube videos and to hear her speak is amazing.

It was an absolutely correct blow by blow of my stroke. It was so overwhelming to relive that morning that I cried....hard. I had to walk away for awhile to prepare myself. It proved to be an excellent tool to use in my ongoing recovery. After reading it, I highly recommend it. I know my memory and focus are going to come back strong. It gave me a lot of hope.

In this real-life, insightful book, we are able to see and experience the intricate relationships of arguably the most complex organ in the human body during a major traumatic event from the victim herself who is also an expert on the brain. Dr. Jill Bolte Taylor gives us a very rare point of view, in the fact that she is the sister of a mentally impaired person, a Harvard trained neuroanatomist, an advocate for the mentally impaired, a published researcher, a victim of major brain trauma, and a recovering mentally impaired person. Through her well trained brain and perspective she gives us a detailed understanding of her left and right brain interactions before, during, and after her hemorrhagic stroke. This leads to one of the most intriguing neuroscience books I have ever read, which is why I gave it 5 out of 5 stars. After Taylor tells her history of becoming a well-respected researcher and advocate for schizophrenic minds with the NAMI, she goes into detail on basic brain anatomy. She does a great job of describing basic neuroanatomy from the cerebral cortex to the aneurysm. The "Hemispheric Asymmetries" chapter was really interesting where she was able to give the readers great examples to be able to understand the differences between the two hemispheres. For instance, on page 30, she says that our right brain thinks in pictures and our left-brain "thrives on details, details, and more details about those details." I was able to use the connections that she made between the two hemispheres throughout the book to keep track of why she could not perform certain tasks during her stroke, which I think was her main goal of that chapter. The pictures, along with her tendency to avoid or explain jargon really well, allow anyone with some knowledge of the brain to understand what she was talking about. It is my opinion that someone who has never studied the brain could get a good idea or understanding of the brain as it relates to stroke so they could follow the rest of the book without missing a beat. Beginning in the chapter "Morning of the Stroke," the reader sees her thinking process and how certain aspects, that is normally associated with the left side of the brain where the stroke is occurring, starts to fade. I find it very hard to believe that she was thinking things like, "Oh my gosh, I'm having a stroke! I'm having a stroke! And in the next instant, the thought flashed through my mind, Wow this is so cool!" However, I have never experienced a stroke so it could be plausible. I loved how she was able to walk the readers through her thought process. It is interesting to see that she could relate the parts of her brain that were affected based on what motor function she was losing (pg. 39). I also liked how during the next few chapters, she gave the readers examples of how her left brain was taking a back seat to her right brain. For example in "Orchestrating my Rescue" (pg 52), she says that she didn't call 911 because " the neurons that coded 911 were now swimming in a pool of blood, so the concept simply didn't exist for me anymore." And even after the stroke when the doctor asked her

who the president of the USA was, she had to think about each word and process the entire question, which took hours. The details from her left mind could not be accessed so she eventually gave up. She said it was because she could only think of pictures that the right mind had and not generate the details that the left mind had. Also, she gave the readers insight into things I have never thought about for instance on page 103 when she says that her mother had to tell her about color before she was able to understand or use that as a tool and the same went for 3-D perspectives. She had to be told that things could be positioned in front of other things. As someone who had a grandmother who was severely affected by a stroke, the chapters 4-13 gave me a large amount of insight into what my grandmother might have been experiencing that day. I can understand that she had no idea what was going on or what was happening to her because it even took Dr. Taylor several minutes to figure this out. These chapters are great for anyone who know or knew someone who had a stroke. It allows the reader into their shoes, and it allows them to understand what they were thinking during their stroke. This is something that is hard to obtain from any other source. It is possible here because Dr. Taylor understood exactly what was going on during each phase of her brain trauma. This is what makes the book so invaluable to families of stroke victims because understanding what she said in these few chapters could go a long way for families or friends of stroke victims. The rest of the book talks about how she recovered, how she changed her thinking, and how she found inner piece. My favorite was the chapter entitled "My Right and Left Mind." I really enjoyed how she was able to document how her right mind thought differently than her left and how she coped and learned from her left mind as it started to recover. She was about to gain a deep understanding of the characteristics of both sides and then able to learn how to integrate more of her right brain into her everyday life as her left mind healed. It is amazing to see how someone appreciates the brain so much even while it is letting her down to some extent. All in all, I think that this book accomplished its goal, which was to give a stroke of insight to a wide range of individuals. It is for those who have had a family member or close friend who has had a stroke to researchers who study brain trauma. It is both suitable for the scientist or layperson's mind that will both be intrigued and will gain something from the book. I would recommend this book to anyone who wants to understand the brain during trauma because these same types of processes occur during any brain trauma not just stroke. From the perspective of someone who studies traumatic brain injury, stroke rehabilitation, and neuroscience and someone who had a grandmother who suffered from a terrible stroke, this book has allowed me to appreciate my research more. It made me realize why my work is so important while also allowing me to understand what my grandmother went through and understand what was going on with her during

her stroke. This is a life-changing read.

My Stroke of Insight is an unusual book in that the "recipient" of the neurological damage in the form of a stroke actually listened to her brain and knew what was going on even if her time lines were skewed. I think this book would be of interest to both the medical (neurology) and non medical community as a quick read. Interestingly I saw her in video a couple of days after I finished the book and even though she claimed to be completely recovered, I could tell she was NOT 100% in the normal range even though her speech was clear.

I bought this book because I had a friend who has had 4 strokes now. The last was more severe. I wanted my friend and her daughter to understand how recovery happens and timing. My friend is 76 and runs a business. She needed to accept she would not be driving, running her business or living alone for a long time if ever. The fog comes and goes and she has conditions that make her high risk for more strokes.

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