



Strokes: Surviving and Avoiding Them

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How to prevent and manage strokes.

Half the people who survive strokes suffer lasting physical or mental consequences that require drastic changes to their lifestyle. That is why strokes are so feared, especially since they seem at once inevitable and to strike at random. In this intelligently illustrated informational book, readers will find the latest on strokes, with advice for minimizing risks, but also ways of handling life afterward should one strike.

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