

BOOK and FILM LISTING FOR STROKE SURVIVORS & FAMILIES

Collected by the Ontario Regional Stroke Networks' Community and Long-Term Care Group

BOOKS		
Title	Author	Description
One Hundred Names for Love: A Memoir	Diane Ackerman	Book/Autobiographical
How to Conquer the World with One Hand and An Attitude	Paul Berger	Book/Autobiographical
Where is the Mango Princess: A Journey Back from Brain Injury	Cathy Crimmins	Book/Autobiographical
Don't Leave Me This Way	Julia Fox Garrison	Book/Autobiographical
The Lone Road Home	Millie E. Graham	Book/Autobiographical
Walter Gretzky: On Family, Hockey and Healing	Wayne Gretzky	Book/Autobiographical
Locked In Locked Out	Shawn Jennings	Book/Autobiographical
Slow Dance: A Story Of Stroke, Love And Disability	Bonnie Klein	Book/Autobiographical
My Stroke of Insight: A Brain Scientist's Personal Journey	Jill Bolte Taylor	Book/Autobiographical
Swimming Against the Tide/Strong Recovery from Stroke	Nan Unklesbay	Book/Autobiographical
Identity Theft: Rediscovering Ourselves After Stroke	Debra Meyerson	Book/Autobiographical
Tell Me Everything You Don't Remember	Christine Lee	Book/Autobiographical
The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them	June Biermann & Barbara Toohey	Book/Guide
Stroke of Hope: Creating the Program You Need to Discover the Results You Want	Heather Branscombe	Book/Concepts of Recovery

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The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science	Norman Doidge	Book/Scientists championing neuroplasticity and the people whose lives they've transformed
Stronger After Stroke: Your Roadmap to Recovery	Peter G. Levine	Book/Concepts of Recovery
Healing and Happiness After Stroke	Kari Dahlgren	Book/Focus on emotional side of recovery
Hope After Stroke	Tsgoyna Tanzman	SLP author looking at holistic approach to stroke recovery.
The Diving Bell and the Butterfly	Jean-Dominique Bauby	Memoir, stroke survivor with locked-in syndrome. *Also, a film.
Healing the Broken Brain	Dr. Mike and David Dow	Authored by psychologist, stroke survivor and SLP. Intersection between hope and science.
Brain Maker	Dr. David Perlmutter	Nutrition and brain health.
To Root and To Rise: Accepting Brain Injury	Carole J. Starr	Specific to brain injury but concepts can also apply to stroke.
Stroke Phenomenology: Why a Stroke on That Day and Under Those Circumstances?	Annie Rochette and Philippe Gaulin	Explores how psychosocial, affective and symbolic factors can be determinants of a stroke's occurrence.

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FILMS	
Title	Description
My Beautiful Broken Brain	Documentary/Autobiographical about a 34-year old who experiences a stroke.
The Diving Bell and the Butterfly	Autobiographical about locked-in syndrome following a stroke.
Just Another Dance with My Father	Short film about a young stroke survivor.
A Teachable Moment	Documentary about four strangers who find common ground after one moment (stroke) changes their lives forever.
Still Sophie	Short film about a 19-year old that experiences a stroke resulting in aphasia.

May 2021. This list has been developed as a resource by the Ontario Regional Stroke Networks' Community and Long-Term Care Group to share with persons living with the effects of stroke, families/informal caregivers and health professionals. The books and films listed on these pages have not been individually reviewed, inclusion on this list does not suggest endorsement.