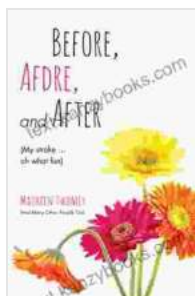


Before Afdre And After My Stroke Oh What Fun

A Memoir of Courage, Humor, and Hope

In this heartwarming and humorous memoir, a woman recounts her journey through the challenges and triumphs of surviving a stroke and rediscovering her life.



Before, Afdre, and After (My stroke ... oh what fun)

by Maureen Twomey

★★★★☆ 4.7 out of 5

Language : English
File size : 9991 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 316 pages
Lending : Enabled



Before Afdre was a stroke survivor. She was a wife, mother, grandmother, and friend. She was also a successful businesswoman and an active member of her community. But one day, everything changed.

Afdre suffered a stroke that left her paralyzed on one side of her body. She lost her ability to speak and walk. She was forced to relearn everything from how to eat to how to dress herself.

The road to recovery was long and difficult, but Afdre never gave up. She worked hard with her therapists and support team, and slowly but surely, she began to regain her strength and independence.

Today, Afdre is a thriving stroke survivor. She has regained most of her physical abilities and has learned to live a full and happy life. She is an inspiration to everyone who has *经历*d a stroke or knows someone who has.

In this book, Afdre shares her story with honesty, humor, and hope. She offers a unique perspective on the challenges of stroke recovery and provides valuable insights for anyone who is going through a similar experience.

Whether you are a stroke survivor, a caregiver, or simply someone who wants to learn more about the challenges and triumphs of stroke recovery, this book is a must-read.

Free Download Your Copy Today!

Before Afdre And After My Stroke Oh What Fun is available now on Our Book Library.com.

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About the Author

Afdre is a stroke survivor, author, and speaker. She is passionate about helping others to overcome the challenges of stroke recovery and to live full and happy lives.

Afdre lives in California with her husband and two cats. She enjoys spending time with her family and friends, reading, writing, and traveling.

Connect with Afdre

Website: www.afdrestroke.com

Facebook: www.facebook.com/afdrestroke

Twitter: www.twitter.com/afdrestroke

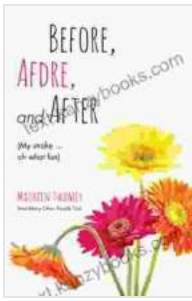
Instagram: www.instagram.com/afdrestroke

Reviews

"Before Afdre And After My Stroke Oh What Fun is a must-read for anyone who has *经历过* a stroke or knows someone who has. Afdre's story is honest, humorous, and inspiring. She offers a unique perspective on the challenges of stroke recovery and provides valuable insights for anyone who is going through a similar experience." - **Dr. Jill Bolte Taylor, author of My Stroke of Insight**

"Afdre's book is a powerful reminder that even after a stroke, life can be full and happy. Her story is an inspiration to everyone who has *经历过* a stroke or knows someone who has." - **Jamie Oliver, chef and stroke survivor**

"Before Afdre And After My Stroke Oh What Fun is a beautifully written memoir that will make you laugh, cry, and everything in between. Afdre's story is a testament to the power of the human spirit and the importance of never giving up." - **Booklist**



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