

# Top 4 Stroke Recovery Books

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When you're ready to take your stroke recovery into your own hands, start with these 4 books. You'll gain the knowledge and motivation you need to pursue your stroke recovery beyond what you once thought was possible. Are you ready?

## 1. [My Stroke of Insight](#)

*By Jill Bolte Taylor*

If you're looking for something personal and awe-inspiring, Jill Bolte Taylor's story is the one.

Brain scientist Jill Bolte Taylor narrates her personal journey after suffering a massive stroke in the left side of her brain. Interestingly, the stroke allowed her to experience the 'peace and well-being' that the right side of the brain can bring. In her book, Jill talks about the importance of "stepping to the right of our left brain" and quieting the internal chatter. She also narrates her stroke recovery with a genuine sense of wonder that leaves the reader awe-struck and inspired.

While this book is wildly popular, her [TedTalk](#) is definitely worth a listen.

## 2. Stronger After Stroke

*By Peter Levine*

This book is the one-stop-shop for *everything* stroke related. It's a very dense, technical read, however, making it difficult read. But if you have the patience and willpower to read through the whole thing, you'll be an expert by the end.

Highly recommended for both survivors and caregivers.

## 3. The Brain that Changes Itself

*By Norman Doidge*

Imagine this: A woman was born with half a brain, and her brain rewired itself to work as a whole!

It's a true story, and it's made possible by the phenomenon of [neuroplasticity](#), something that we talk about *a lot* on this blog. Neuroplasticity is one of the most important things that every stroke survivor should know about, and this book explains it in depth. This book will show you what your brain is capable of.

It will blow you away and inspire you to tap into your potential.

## 4. Brain Maker

*By David Perlmutter*

This edgy, thought-provoking read will reveal the importance of [nurturing your microbiome](#) – the hundred trillion microorganisms that live inside your body – to heal and protect your brain. If you weren't already aware of how your gut and brain health are closely connected, consider this book a *must-read*.

## 5. Healing & Happiness After Stroke

*By Kari Dahlgren*

This is a bonus book because it's our very own!

*Healing & Happiness After Stroke* is an essential self-help guide for stroke recovery that covers all the 'non-medical' problems that often accompany stroke, like post-stroke depression, low self-esteem, and lack of motivation.

If you're looking for a positive, uplifting read that will help you achieve a higher recovery, this is the book for you.