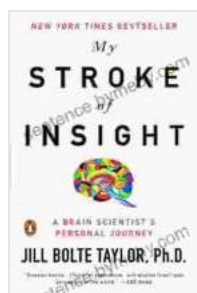


My Stroke of Insight: A Neurosurgeon's Journey from Dismay to Discovery

In her book, *My Stroke of Insight*, Dr. Jill Bolte Taylor shares her extraordinary experience of suffering a massive stroke at the age of 37. As a neurosurgeon, Dr. Taylor was intimately familiar with the brain and its functions. But when she suffered a stroke that left her unable to move, speak, or even think, she had a profound and life-changing experience.

For eight hours, Dr. Taylor's brain was essentially shut down. During this time, she lost all of her memories, her sense of self, and her ability to reason. But as her brain slowly began to recover, she experienced a profound sense of peace and oneness with the universe. She realized that her stroke had been a gift, a way for her to see the world in a new and more compassionate way.



My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3190 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 193 pages

FREE

DOWNLOAD E-BOOK



In *My Stroke of Insight*, Dr. Taylor shares her journey of recovery and discovery with honesty and humor. She describes the challenges she faced, both physical and emotional, and the lessons she learned along the way. She also offers insights into the nature of consciousness, the power of the human mind, and the importance of living in the present moment.

My Stroke of Insight is a powerful and inspiring memoir that will change the way you think about the brain, the mind, and the meaning of life. It is a must-read for anyone who has ever been touched by stroke, or for anyone who is interested in the human experience.

Book Details

* **Title:** My Stroke of Insight * **Author:** Jill Bolte Taylor * **Publisher:** Viking * **Publication Date:** November 15, 2008 * **:** 978-0670020647 * **Pages:** 280

Reviews

* "My Stroke of Insight is a remarkable book. It is a story of hope, resilience, and the power of the human spirit. I highly recommend it." - Oprah Winfrey * "A fascinating and inspiring memoir. Dr. Taylor's journey is a testament to the human capacity for healing and transformation." - The New York Times * "My Stroke of Insight is a must-read for anyone who has ever been touched by stroke. It is a story of hope, healing, and the power of the human spirit." - The Washington Post

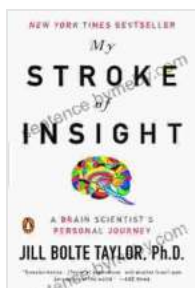
About the Author

Dr. Jill Bolte Taylor is a neuroscientist and author. She earned her Ph.D. in neuroscience from Harvard University and completed her postdoctoral training at the Massachusetts Institute of Technology. Dr. Taylor is the

author of the New York Times bestseller, *My Stroke of Insight*, which has been translated into over 30 languages. She is a sought-after speaker and has appeared on numerous television and radio programs, including The Oprah Winfrey Show, The Today Show, and Good Morning America.

Additional Resources

* [My Stroke of Insight website](https://www.mystrokeofinsight.com/) * [Jill Bolte Taylor's TED Talk] (https://www.ted.com/talks/jill_bolte_taylor_s_stroke_of_insight) * [My Stroke of Insight on Our Book Library](https://www.Our Book Library.com/My-Stroke-Insight-Jill-Bolte-Taylor/dp/0670020647)



My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor

★★★★☆ 4.7 out of 5

Language : English
File size : 3190 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 193 pages





How Businesses Can Thrive In The New Global Neighborhoods

The world is becoming increasingly interconnected, and businesses are facing new challenges and opportunities as a result. In this new global landscape,...



Card Manipulations Volume 1: A Masterclass in Deception by Jean Hugard

Unveiling the Secrets of Card Magic Step into the captivating world of card manipulation, where the ordinary becomes extraordinary. Jean...