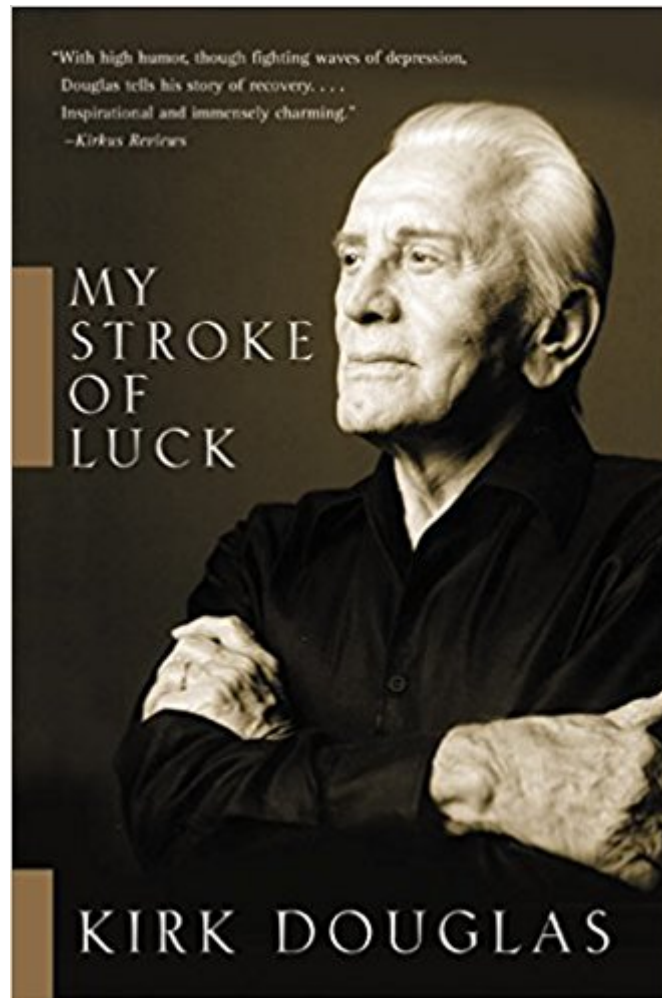




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My Stroke Of Luck



Synopsis

My stroke taught me so much, and for all that it stole, it gave me even more. In the process of healing, my life has changed for the better. Now I want to share what I have learned. In this vivid and very personal reflection upon his extraordinary life as an actor, author, and legend in his own time, Kirk Douglas offers a candid and heartfelt memoir of where it all went right in his life -- even after suffering a debilitating stroke. Revealing not only the incredible physical and emotional toll of his stroke but how it has changed his life for the better, Douglas shares the lessons that saved him and helped him to heal. Alongside his heartfelt advice and insight, he also recalls warm memories of some of the most famous figures of our time -- including Burt Lancaster, Michael J. Fox, and Gary Cooper -- as well as others who have soared to greatness in the face of adversity. Charming, soulful, and filled with personal photographs, *My Stroke of Luck* is an intimate look at the real person behind the fabulous talent -- and at a life lived to its very fullest.

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Customer Reviews

One of Hollywood's brightest stars since the late 1940s (*Champion*, *Lust for Life*, *Spartacus*), Douglas embarked on a literary career in the 1980s, with his bestselling memoir *The Ragman's Son*. He suffered a debilitating stroke several years ago, and now, at 84, he offers the inspirational but not at all Pollyannaish story of his recovery. A peculiarly painful sensation in his right cheek was the first warning, followed by a bewildering inability to talk. Lying in a hospital bed set up in his home, Douglas felt his situation was hopeless. How could he be an actor and not be able to talk?

He contemplated ending his life, but when he put a gun in his mouth and painfully bumped his teeth, he withdrew the weapon and began to laugh at his own dramatic gesture. Douglas recounts how he battled his depression not only with medical care but also by recalling happy memories (he shares reminiscences about Sinatra, Reagan and others), and he explains tips and exercises he learned from his speech therapist. Inspired by the courage of others who endured physical or emotional illness, Douglas began to overcome his fears. With the help of his supportive family (who refused to coddle him), he even returned to the screen in *Diamonds*, playing a boxer who had a stroke. Entertaining and uplifting, Douglas's story is a lesson in survival, one that will entice readers whether or not they have had similar illnesses. B&w photos. (Jan. 14)Forecast: This book is a natural for the 65-plus crowd, especially those who enjoyed *Tuesdays with Morrie*. Copyright 2001 Cahners Business Information, Inc. --This text refers to an alternate Paperback edition.

A producer and the star of over 83 movies, Douglas is also a talented writer and the author of two previous memoirs, three novels, and two children's books. His latest is an uplifting memoir of his survival after a stroke in 1995. In this sometimes painful account, enriched by the actor's own brand of humor, wit, and a triumphant return to living, Douglas shows how he turned a debilitating illness into a life-altering experience. He resumed his acting and writing careers and spent time rediscovering the Jewish religion, which has become an integral part of his life. His memoir is focused on helping patients and their families cope with the aftermath of an illness. In the last chapter is Douglas's "Operators Manual," which he hopes will help other stroke victims. His memoir *Climbing the Mountain* contains some of the same anecdotes, but fans of Douglas will want to read this one. Recommended for all libraries.- Rosalind Dayen, Broward Cty. South Regional Lib., Pembroke Pines, FL Copyright 2001 Reed Business Information, Inc. --This text refers to an alternate Paperback edition.

written in a very simple and readable style; very interesting and informative in a personal way with some good advice on how to treat the affliction, including the benefit of physical activity and exercise. Much of the book is quite rewarding for anyone who has had a stroke, although less so when he talks about the effect of his own personal religion. After having a stroke at the age of 78 it's remarkable that this person turns 100 later this year, 2016. I have nothing but admiration for him.

If you're depressed and down in the dumps And you like Kirk you will love this uplifting little book!

Very short book. Read in one afternoon. Mr. Douglas is a fine man.

I purchased this as a gift for a family member who suffered a stroke. She had actually seen Mr. Douglas in NY many years ago before he suffered his stroke. I know it will be helpful to her. She was thankful to receive it.

soso book

fantastic book

Very entertaining reading, however, this book was more about Kirk Douglas than his stroke. I was hoping to learn more about his rehabilitation and the ramifications of a stroke but the author seems more interested in "dropping names". He alternates between being grateful for the support he received and bragging about his life.

Kirk Douglas writes in a way that I can relate to him, although his world and mine are far apart. He shows he is a human with the same aspirations, desires, fears that everyone else has. And that makes it a good read. I now know who my 'hero' is and I thoroughly enjoyed reading of his thoughts and belief.

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