



Healing into Possibility: The Transformational Lessons of a Stroke

Alison Bonds Shapiro

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Alison Bonds Shapiro suffered two debilitating and nearly fatal strokes in her fifties. *Healing into Possibility* chronicles her experience of learning, through trial and error, that her attitude would play the most important role in her remarkable recovery. In this touching book, Shapiro teaches simple principles that anyone can use when faced with illness, injury, or any other seemingly insurmountable problem to transform despair into hope and dead ends into possibilities.

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