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My Year Off is an eloquent story of hope, written with the sort of candor and detail that the author believes has been missing in the literature of strokes up to this time. It is as well a grown-up love story of the most realistic — and hence, inspiring — kind.

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My Year Off - Robert McCrum - Complete Review

My Year Off: Rediscovering Life After a Stroke Hardcover - 18 Sep 1998 by Robert McCrum (Author)

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My Year Off: Rediscovering Life After a Stroke (Hardcover) Published June 28th 2001 by DIANE Publishing Company Hardcover, 231 pages

Editions of My Year Off by Robert McCrum

My year off began with a headache, a glass of champagne -- and a question. As it happens, the first two were not connected and the truth is that no one will ever know exactly what happened inside my head on the night of 28/29 July 1995, but probably it went something like this. First, for reasons ...

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My Year Off is a moving story of determination, courage and love that sings with wit and honesty. An invaluable insight into the reality of life after stroke, the moments of hope, the anger and despair, this is a touching classic that gives voice to millions.

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