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## My year off: Rediscovering life after a stroke

On the morning of July 29, 1995, Robert McCrum--forty-two-years old, newly married, at the top of his profession as one of British publishing's most admired editors, and in what he thought was the full bloom of health--awoke to find himself totally paralyzed on the left side, the victim of a stroke brought on by a massive cerebral hemorrhage. In My Year Off, McCrum takes readers through his own education about strokes and the frustrating reality that medical science can neither pinpoint the ...

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Introduction “ My year off began with a headache, a glass of champagne – and a question. First, for reasons which are still mysterious, a surreptitious clot began to form in one of my cerebral arteries, cutting off the blood supply to part of the one organ in the body, next to the heart, which is most greedy for blood. ”  
(McCrum, 2015)

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out of my life that were hindering my recovery and i have managed to get back to a quasi normal life i

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