



## May's Stroke Center Awareness Celebration

May is National Stroke Awareness month. The North Memorial Stroke Center is celebrating by offering a free stroke screening event on Thursday, May 11th from 5 to 8 p.m. in the Stroke Center. The screening will include cholesterol and glucose testing, blood pressure, height and weight measurements and one-on-one counseling with nursing professionals. Stay and enjoy refreshments and try your luck at the prize drawing. Everyone will have a good time, learn more about stroke and how to stay healthy. The celebration is limited to 50 individuals. Pre-registration is required.

*Call the Stroke Center at (763) 520-5900 to reserve  
an appointment at the Stroke Awareness Screening!*

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North Memorial

# Book

## REVIEW

### *How to Conquer the World with One Hand ... and an Attitude*

by Paul Berger and Stephanie Mensh

On December 30, 1985, Paul Berger, a 36 year old, Type A individual with a rewarding career, happy marriage, and promising future had a life-changing crisis. For on that day, Paul experienced an “explosion” in his head, a “subarachnoid ruptured aneurysm on the carotid artery.” This “explosion” was also known as a “massive” stroke with right-sided paralysis and expressive and receptive aphasia.

Written in the first person by Paul, with assistance from his wife, Stephanie Mensh, *How to Conquer the World* is a powerful and moving story. The reader is taken into the world of Paul’s recovery from 1985 – 2001. Emotions and experiences are shared. Readers get an up close and personal look at the humor, frustration, anger, determination, and hope experienced by stroke survivors, especially those with aphasia. Paul shows us what long term recovery can be achieved after ten plus years of therapy. An important message in the book is that one should never give up; to believe in yourself; and to meet challenges head on.

As Paul eloquently states in his book. “A special note to people who have suffered a stroke or other setback: Don’t give up. Don’t let others tell you to retire, go away, or hide from life. If you have a second chance at life, as I did, don’t waste it feeling sorry for yourself or worrying about what’s wrong with you. Focus on the good things and reach for your dreams.” (p. 2)

This is a must read book for anyone who has experienced a stroke, knows someone with a stroke, or works with stroke survivors.

How to Conquer the World can be purchased from:

**Positive Power Publishing**

P.O. Box 2644

Merrifield, VA 22116

(703) 241-2375

E-mail: [info@StrokeSurvivor.com](mailto:info@StrokeSurvivor.com)

Website: [www.StrokeSurvivor.com](http://www.StrokeSurvivor.com)

