

Stroke FORWARD

WEBSITES:

The American Stroke Association

<http://www.stroke.org/stroke-resources/stroke-support-groups>

<https://www.stroke.org/en/help-and-support/support-you-are-not-alone>

Flint Rehab

<https://www.flintrehab.com/2018/online-stroke-support-group/>

Brain Aneurysm Survivors

<https://www.facebook.com/groups/BrainAneurysmSurvivors/>

INOVA - Northern Virginia

<https://www.inova.org/healthcare-services/neurosciences/patient-support-services>

Stroke Survivor Fitness

<https://strokesurvivorfitness.com/supportgroups.php>

Brain Injury Services

<https://braininjurysvcs.org>

Encompass Health Rehabilitation Hospital or Northern Virginia

<https://www.encompasshealth.com/northernvirginiarehab>

Encompass Health

<https://www.encompasshealth.com>

Stroke FORWARD

Facebook: <https://www.facebook.com/StrokeForward/>

Twitter: @StrokeForward

LinkedIn: <https://www.linkedin.com/in/marciamoran/>

Website: www.StrokeForward.com

BOOKS/AUDIOBOOKS:

[Build a Better Brain: Using Neuroplasticity to Train Your Brain for Motivation, Discipline, Courage, and Mental Sharpness](#), Hollins, Peter

[The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science](#), Doidge, Norman

[Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success](#), Shawn Stevenson and Sara Gottfried MD

[The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity](#), Doidge, Norman

[A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback](#), Robbins, Jim

[My Stroke of Insight: A Brain Scientist's Personal Journey](#), Taylor, Jill Bolte

[Warrior Mom: 7 Secrets to Bold, Brave Resilience](#), JJ Virgin CNS CHFS

TED TALKS

[Jill Bolte Taylor: My stroke of insight](#)

[Jocelyne Bloch: The brain may be able to repair itself -- with help](#)

[Roberto D'Angelo + Francesca Fedeli: In our baby's illness, a life lesson](#)

[Kitra Cahana: My father, locked in his body but soaring free](#)

[Henry Evans and Chad Jenkins: Meet the robots for humanity](#)