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# Return To Ithaca



## Synopsis

At 21, Barbara Newborn saw a happy future ahead, but her carefree life fell apart when she suffered a severe stroke which left her paralyzed and unable to communicate. Supported by all who knew her, Barbara embarked on a profound journey of rehabilitation and self-discovery. This is the story of how she learned to live again, from her first difficult steps to her triumphant turning point. Today Barbara Newborn is Chief of Staff at the National Stroke & Quality of Life Medical Education Institute. 144 pp.

## Book Information

Paperback: 120 pages

Publisher: Element Books (May 1997)

Language: English

ISBN-10: 185230944X

ISBN-13: 978-1852309442

Product Dimensions: 8.4 x 5.4 x 0.4 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.4 out of 5 stars 11 customer reviews

Best Sellers Rank: #142,954 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes](#) #51 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #81 in [Books > Biographies & Memoirs > Regional U.S. > Mid Atlantic](#)

## Customer Reviews

I would recommend this book to everyone! It not only teaches you about disability and coping to it, but it also teaches you to enjoy life and accept who you are.

I loved it there were a couple spelling errors knowing that what you want in life takes hard work and determination makes it so influential.

Great story of a young woman with her whole life before her and how she actually fulfilled her dreams using what she went thru with the stroke.....amazing story of perseverance and determination! What an amazing person!

Although there are several first person accounts of the stroke experience, most have been written

from the perspective of the older victim. When stroke hits a young person there a special twists to the knife. All those who have to deal with young people with stroke should read this wonderful book.

For survivors of stroke who can read, I recommend this book because Newborn's example of persevering and refusing to wallow in self-pity is a good one. However: if your loved one, like mine, cannot speak, read or write after an extended period (more than two years), I would recommend against reading this or any other book written by a stroke survivor. *Return to Ithaca* was written by a young woman who, five months after her stroke, was living independently and attending classes at Cornell University. Reading it simply underscored the reality of my husband's condition and reflected a sharp contrast between someone who regained language function and someone who has not and probably never will. I am happy for Newborn, and any other stroke survivor who is able to recover the ability to speak, but it is bittersweet to read these types of accounts knowing my husband is not one of the lucky ones. I admire Newborn's spunk, but upon finishing her narrative I found myself revisiting my grief over my husband's and my loss. In short, I not only did not find this book inspiring, I also found it depressing. I know this review is purely subjective so far, so I will add a literary note: while competently written, it contained shades of purple prose and was a bit thin (figuratively and literally) and chirpy.

You can truly see the perspective of a person with a communication disorder and understand them. It helped me be more sensitive to others personal struggles

This book was well written and a reminder to anyone what is really important in life. Survival and living life are not the same.

This is an incredible book, I am an Occupational Therapy student and I found this book to be powerful and insightful. Newborn captures her emotions, thoughts and experiences in such a way that you feel as though you experienced them with her. For those working in rehab settings, knowing someone who had a stroke or stroke survivors, this is a must read. It is pretty short and I was unable to put it down, happy reading!

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