

THE STROKE OF AN ARTIST

THE JOURNEY OF A FITNESS TRAINER
AND A STROKE SURVIVOR



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The Stroke of An Artist: A Fitness Trainer's Journey With a Stroke Survivor. A Story of Inspiration, Knowledge and Hope When Physical Therapy Ends



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", is normally a inspiring 21/2 year trip of a personal fitness trainer and a stroke survivor client. The Stroke of An Artist" This inspiring trip will bring hope and encouragement to those in recovery and their friends and family. Never Quit! You can find two goals for this reserve. One sent individually from Gary' This trip is a wonderful example to those in recovery, of how exercising with the proper exercise almost daily can help build new pathways and remake the body solid and functional once again. Don't QUIT! The anatomy illustrations help provide more awareness and knowledge of your body and just why specific muscles must be strengthened to bring back safety, strength and spatial consciousness with motion. He encouraged others. Because the fitness trainer, I want the same, and also I hope this trip helps provide insight and education to fellow fitness specialists to help them on their Journeys with stroke survivor clients.s heart with expectations that his story can help others in the equal struggle he previously faced.



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Grab your tissues, incomparable an inspiring and tearful read. They "never gave up! I stood right next to him and near Tracy, this publication's author, in her Core Course. I as well finally learned to stability on a balance disc, perform ball squats, do a proper Pilates roll up, and so much more. But Gary was Method before me. Learning all these new techniques was, to state the least, very hard for this 70 year old." A wonderful, Inspirational Story for All Age range! I was shocked to discover that Gary was dealing with a stroke that got once confined him to a wheel chair. EASILY, or some of my loved ones, does have problems with a stroke, I'll insist that they follow Tracy's methods. This day was to be extremely memorable for me. Gary was surely linked, to his body, to individuals who cherished him, to a life fully lived. Thanks Thumbs up! Today I know the courage, determination and love for every various other that Gary and Tracy experienced. It puts in some recoverable format the energy of desire with the correct training in order to achieve unimaginable results. I have already been inspired. I have been given a activate the toosh. Everyone must read this book. I enjoyed this publication the journey of Gary This book by Tracy is a must read for everyone. You'll be happy you did. NEVER GIVE UP. I am simply beginning my Pilates training (4 a few months) with Tracy's and have already seen very positive results. I also hope various other trainers and physical therapists will browse the book in order that what Tracy and Gary experienced will become passed on and on. The book is written from the center of a caring, committed, professional trainer. I recommend this book for anyone of any age group. This book offers encouragement both trainers and stroke survivors, displaying that commitment, understanding, and the willingness to understand accomplishes amazing points. It is inspiring and educational. I sincerely advise that anyone who is interested in the body and what it can do read this great book. I thought I was "connected," that my muscle groups, human brain and body were best buddies, forever friends. Jointly they made the perfect team and jointly they provided Gary his lifestyle back. This book should help trainers and stroke victims in search of recovery with sound details and encouragement. I understand this tale to be accurate. On a cold and cloudy time in November 2015, I stopped for espresso along Bay Road in Florence, Oregon, my usual roadtrip stop when touring from Southern CA to the San Juan Islands. THIS guy, THIS man named Gary, was often smiling, cheerful and motivated, sporting an endearing chuckle which told me he hadn't a care on the planet, that life was great, that the globe is a joyful encounter. I was always beneath the impression a stroke was the most debilitating factor to occur to a person. getting the day I met Gary and Tracy who were having espresso with Gary's sister and friends at a table near mine upon the cafe's deck more than looking the river. Gary resided his motto: "Don't Give Up; Gary was beyond amazing - sharing his story, proudly showing me his improvement by walking across the deck without his cane, and informing me about his trip of working with Tracy and her dedication to his recovery. Nearly two hours flew by as I paid attention to the incredible and inspiring story Gary and Tracy distributed to me. I still left them afterwards that day knowing dedication and fortitude can make miracles happen and the love from a caring circle of close friends will make sure you won't give up until your miracle comes true. 'The Stroke of an Artist' supplies the reader educational insight on physical recovery and strengthening while offering inspiration and desire to face the challenging and move beyond it. You find yourself rooting for Gary and at the same time admiring both Gary and Tracy because of their perseverance. An inspiring story I thoroughly enjoyed reading about how exactly Gary was able to "come back" from what began as a devastating stroke. If not for the guidance of his professional fitness trainer, Tracy, I'm not sure his condition could have improved as much as it did. I believe it shows just how important it could be for anyone who has experienced a stroke to have the guidance of a professional trainer dealing with them

throughout their recovery. I certainly would recommend stroke survivors and family read this true, inspiring story. Don't Give Up. Never Give Up! A truly heartwarming and amazing story of two exceptional people- Tracy, a fitness trainer, and Gary, a stroke survivor. Read this book! That is one message that people should "pay ahead. It didn't take long for all of us to become listed on in conversation and happily discover we were from the same CA coastal region. Don't Give up" This book is Not just for stroke survivors or fitness trainers. Everyone will find out something about themselves as they learn what worked for Gary." Truly inspirational! Tracy throughout their amazing journey. Each achievement brought tears of pleasure to my eyes & an appreciation of their amazing partnership. Don't Quit. Gary and Tracy clearly made an excellent team. Together, they worked hard, and through the specific strategies, training methods and their gift of friendship, Gary was able to recover much of what he had lost carrying out a stroke. This reserve shares the heartwarming story of these two people and the community surrounding them. The reserve made me laugh and cry, and through it all, I was inspired. We knew Gary for about three months before his last hospitalization." I will recommend this publication to all my relatives and buddies I have some encounter with a close relative who has already established a stroke. They inspired each other for more information about the body/brain integration and to continue steadily to work hard..After scanning this book, and reading about the recovery Gary has had by using Tracy, I think that there lots of expect stroke victims.We was very inspired by the tale, the determination that Gary has and the vision Tracy has to see his potential and the bond that was made, not only for all those two, but for the complete community.I will recommend this publication to all my friends and family."Never give up. I personally watched Gary & I learned that there are several things I can perform to strengthen my body and improve my very own limitations. Well written, engaging and insightful! A must read for anyone suffering from stroke or neurological disease. this book hit house for me. Practical Application! This book is well written and reduces proper exercise way of stroke survivors. It so cool to see exactly what muscles are trained in a particular movement. I love the exercise is medicine mentality! Essential read for request! Some people shine bright, that's Gary Thank you for sharing your story. I fulfilled Gary after he regained his mobility and wouldn't have known that he endured a stroke if he didn't mention it. Long may you operate, Gary. No stroke necessary.We enjoyed this reserve the journey of Gary. Inspiring Tracy and Gary were a great team working toward recovery. To observe him healthy, walking, working and traveling one week, to being so poor, and such loss of motor skills another week was a shock. It will encourage you to conquer any obstacle you might face and help you to help others to keep on keeping on! A must read for anybody experiencing physical limitations Knowing Of Garys incredible recovery, and being truly a customer of Tracy's; This book is full of wish and encouragement and is truly an inspiration for everybody. Now I have an inkling of what I need to do to live the others of my entire life completely, with determination, with passion. Inspiring and educational Just what a positive, moving account of the journey of Gary, a challenged stroke survivor and Tracy, his amazing trainer. This book simply reinforces my belief that standard of living can be attainable with some personal effort and a dedicated well educated instructor. Only today, after reading Gary and Tracy's remarkable trip together do I completely appreciate the depth and breadth—the enormity—of what both of these ordinary remarkable people accomplished within their time together on this earth. This is an inspiring true story of courage and persistence for both Gary, a stroke survivor, and Tracy, the trainer who helped him on the path toward recovery. Tracy has forged a new path for us all to follow to create our lives as solid and healthy as possible. It is first of all an excellent story of healing Everyone may learn something out of this lovely new

publication. It is 1st and foremost an excellent story of healing. Nevertheless, you don't have to be considered a stroke survivor to advantage.! I recommend this book! The man I saw twice weekly in class had not been THAT guy. What they accomplished jointly is truly miraculous. Their journey took determination, motivation, laughter and the will to create it happen. And I came to class with ten years or so of consistent yoga exercise practice and walking 3 miles a day.



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