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TED W. BAXTER
Author & Stroke Survivor

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Ted W. Baxter's award-winning book, *Relentless: How a Massive Stroke Changed My Life for the Better*, follows his remarkable recovery from a massive stroke.

In 2005, Ted W. Baxter was at the top of his game. He was a successful, globe-trotting businessman with a resume that would impress the best of the best. In peak physical condition, Ted worked out nearly every day of the week. And then, on April 21, 2005, all that came to an end. He had a massive ischemic stroke. Doctors feared he wouldn't make it, or

if he did make it, he would be in a vegetative state in a hospital bed for the rest of his life. But miraculously, that's not what happened . . .

"When it comes to overcoming aphasia, Ted W. Baxter wrote the book. *Relentless* is a heartfelt lesson in perseverance, triumph, and transformation."

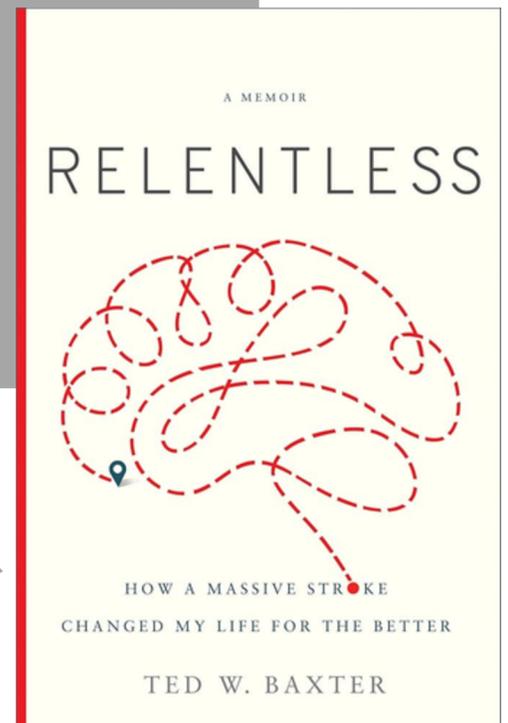
-Julia Fox Garrison, Speaker and author of *Don't Leave Me This Way* (or *When I Get Back on My Feet You'll Be Sorry*)

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In **Relentless**, Ted W. Baxter describes his remarkable recovery from a massive stroke. He's walking again. He's talking again. He moves through life almost as easily as he did before the stroke, only now, his life is better...



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TED W. BAXTER

Interview & Book Club Resources

QUESTIONS FOR DISCUSSION

- What was your writing process like for this book?
- How did your aphasia affect your ability to write and what are some ways you overcame it?
- Were there any times you seriously considered giving up during your recovery?
- What was more difficult for you—the physical or mental parts of recovery?
- What do you consider to be the most important thing people should know about having a stroke or stroke recovery?
- In the epilogue, you mention that you wouldn't change the fact that you had a stroke or any other subsequent events in your life, but if you could change anything about your life before the stroke would you?
- What accomplishment are you most proud of since your stroke?
- What are some things that you still struggle with today? Do you expect to overcome them eventually?
- What kind of therapy was most helpful to you and why do you think this was so?
- Obviously, your determination played a significant role in your remarkable recovery. Do you think it's possible for others to reach the level of recovery at the speed you did without that same level of determination?
- How has your stroke and recovery journey changed your relationships with people—both those close to you and strangers or acquaintances?
- What is the next step for you? Do you have any new projects or goals in mind?
- The stroke changed pretty much all aspects of your life, but is there anything that hasn't change?



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