

## Questions for Discussion

How did Ted's drive and determination aid in his recovery?

What are some facts about stroke recovery you learned from reading this book? Do you feel more aware of the symptoms of a stroke? Do you think you are better able to take action in a situation such as Ted and Kelly's?

Do you know anyone who has suffered a stroke or other traumatic brain injury? How has their recovery compared to Ted's? How has your relationship with them been affected by the injury? Does reading this book make you want to change how you interact with them?

Discuss the role relationships play in Ted's recovery (e.g., speech therapists, caregiver, wife, friends, family members, neurologists).

Has reading Ted's story made you want to change the way you live your life?

A major goal of Ted's recovery is to give back. What are some things you could do to give back to the community and stroke survivors?

Has reading this book increased your awareness of aphasia? Has it changed the way you might react to someone you meet with a speech impediment?

How has reading Ted's story made you appreciate the little things we take for granted, like ordering coffee at Starbucks or speaking to a stranger in the street?

What are some of the things that Ted did in his recovery that you would consider doing yourself after experiencing an incident like a stroke or traumatic brain injury to help your recovery?

Who can benefit from reading this book aside from stroke survivors?

Why did Ted try activities like art to aid in his recovery? Do you think that using a vocation like art (e.g., joining a museum or taking an art class) helps with stroke recovery?

Ted eventually joined a book club for stroke survivors. How important was this to his speech recovery?

Do you know the difference between the features of your right brain and your left brain? Which side of Ted's brain was more affected after he experienced the stroke? How did he overcome this to be able to reintegrate into society?

Does Ted see himself as completely recovered?

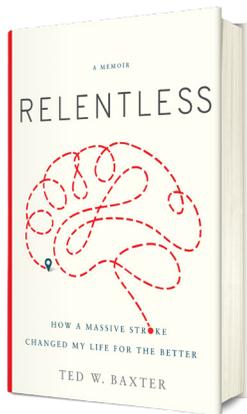
How did Ted prevent himself from going into a deep depression after his stroke?

Which passage in *Relentless* that describes Ted accepting his aphasia and making the decision to deal with it stood out to you the most?

How has this book changed the way you would you deal with aphasia both personally and with the people in the world who have it?

Discuss the role that independence plays in Ted's story.

When Ted was an inpatient at Rehab of Chicago, he figured out when no one was watching—between the nurses' shifts—so that he could try to walk by himself. Why was he so obsessed with getting himself out of bed and trying to walk when no one else was around?



Relentless: How a Massive Stroke Changed My Life for the Better by Ted W. Baxter is available for purchase everywhere books are sold.