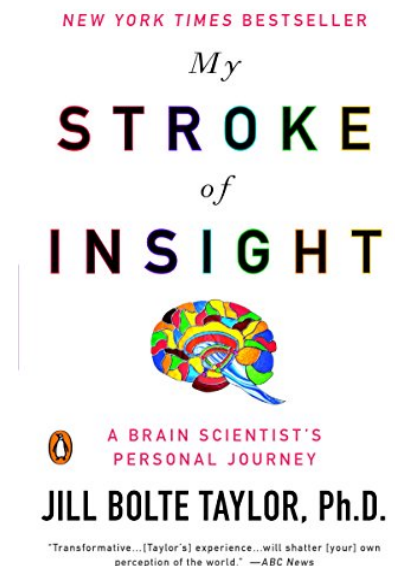


# My Stroke of Insight Book Summary (PDF) by Jill Bolte Taylor

Ready to learn the most important takeaways from My Stroke of Insight in less than two minutes? Keep reading!



## Why This Book Matters:

My Stroke of Insight tells the story of a neuroscientist who prospered, even after facing a life-changing stroke.

## The Big Takeaways:

1. The aim of Jill Taylor's study in neuroanatomy was because her brother suffered from schizophrenia.
  1. If Taylor wanted to help understand the condition of her brother even better.
2. Ischemic and hemorrhagic strokes have some difference in appearance and damage.
  1. The ischemic stroke occurs when the brain cells are deprived of oxygen due to a clot in the arteries. Hemorrhagic strokes happen when the arteries and veins intermix with each other,

blasting the blood pressure.

3. Experiencing a stroke devastates the senses.

1. When Taylor was facing a stroke, her sensitivity to observation was severely disrupted, and she often felt trapped.

4. The aftermath of the stroke was devastating but things improved a little at a time.

1. After the big stroke, Taylor was able to slowly get back to her life, but she still required a detailed operation to make things better.

5. Ultimately, Taylor was able to get back home and was set to live a normal life.

1. It was a time-taking and nerve-damaging process, but she fought the battle for her life and won.

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