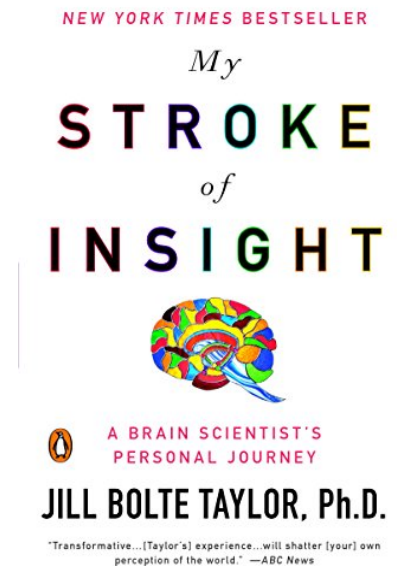


# My Stroke of Insight Book Summary (PDF) by Jill Bolte Taylor

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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