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Gonna Fly Now!: Locked-in Laughter Unleashed: Funny Tales From a Stroke Survivor

Kate Frances Allatt

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Kate Allatt's second book reveals that her sense of humour is a vital coping mechanism when she tries to pick up the pieces of her shattered life following a major brainstem stroke. Locked-in and paralysed, Kate was deprived of all that we take for granted. Our ability to walk, talk, swallow and laugh. Everyday family life and daily routines.

Her gritty no-nonsense story of how her life has changed since Feb 7th 2010 could be described as an autobiographical novella, which poignantly shows how a post stroke holiday abroad with friends enables her to reflect on her extraordinary recovery.

The warmth of Kate's friendships heats the fingertips as each page is turned, and the book is as much about the strength of the human spirit as it is about the legacy of her stroke.

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