

For Immediate Release

New Book Addresses Havoc That Takes Place In The Life Not Only Of The Stroke Victim, But Also The Family

(Adelaide, South Australia) September 12, 2016 – With the newly released book, *Echoes Of A Closed Door – a life lived following a stroke*, Carol Fuller tells the inspirational story of how she and her husband dealt with the aftermaths of his sudden and debilitating stroke, and how they embraced their different life together.

The account of the journey Carol Fuller shared with her husband ‘Clive’ following his stroke is truly inspirational. Covering a 21-year period, *Echoes of A Closed Door* is one of the few books that, in a personal way, demonstrates to readers how to keep an open mind and positive attitude to enable them to fully appreciate the extent to which a stroke impacts on life.

In 1991, at age 50, Clive suffered a massive stroke due to a thrombosis of the left middle cerebral artery. The legacies sustained from his stroke were severe and cruel: anosmia/ageusia; aphasia/dysphasia; depression; dyspraxia; epilepsy; hemianopia; hemiplegia; perseveration; thalamic pain syndrome; and venous incompetence.

The severe and, at times, all-consuming nature of Clive’s condition following his stroke impacted on both their lives. Carol found herself continually slipping in and out of the role of wife/carer/advocate.

“Although these were years of hard work, they were also rewarding years,” said Carol. *“Nothing gives me more pleasure than to be able to share our experience, so perhaps others who can relate gain hope that they can bring about change in their own lives.”*

Life can and does deal unfair, cruel blows. Carol Fuller chose to focus not on the negative aspects of a stroke and its very many challenges, but to look for ways for her and Clive to live a good life regardless. It was not a life lived as they knew it, but one where they learned how to embrace it.

For more information about “*Echoes Of A Closed Door - a life lived following a stroke*”, please visit www.carolfuller.com.

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About Carol Fuller

Carol Fuller trained as a beauty therapist for the Red Cross in Adelaide and worked from 1985 to 1990 as a volunteer with terminally ill people. The experience made her aware of how strong and courageous these people were, and gave her a glimpse into their world of disability that would leave a lasting impression.

Following her husband Clive’s stroke at age 50 in 1991, Carol chose to be Clive’s carer when he could no longer care for himself. She fully realised that the role she had undertaken was one of great responsibility and importance.

Carol learnt to live from one changing day to the next, forever on guard for the next emergency, often working very long hours and not having time to think of her own needs.

She also worked in the area of mental health from 1990 until retirement in 2007. Carol lives in Adelaide, South Australia.