

## **Marco, Giovannoli, Italy**

Surviving a stroke, is more than just physical recovery—it's an emotional, mental, and spiritual journey. Who helped me along the way?

I'm talking to you, today, because of my incredible support system—family, friends, and colleagues—who stood by me, in my darkest moments. A special thank you, to my life companion, my partner in crime, her love and strength, kept me going when I felt lost. I cannot forget to mention my sister, with whom I have finally connected.

I am also grateful, to the doctors and therapists, who guided me, becoming more than just professionals—they became friends.

Writing is a vital part of my healing process, it allowed me to make sense of what happened and find peace.

Through self-acceptance and embracing the present moment, I was able to move forward, grateful for the gift, of a second chance at life.