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Hi there, my name is Stacie.

I'm a Motivational speaker, survivor and public advocate.

Stroke recovery is inherently a journey marked by significant challenges, and it's a path where not everyone reaches the end they hope for.

This reality underscores the critical importance of centering recovery around what's genuinely significant to each individual.

After my stroke, doctors told my husband that I would never read or write again, due to my severe aphasia. Through dedication and passion-based therapy, I not only regained these skills but also shared my journey by authoring a book, offering hope and a path forward for others facing similar challenges.

Personalized goals are not just beneficial; they're essential. They infuse the recovery process with motivation and direction, transforming it from a routine regimen into a meaningful journey toward personal growth and transformation.

By integrating individual passions and priorities into recovery strategies, every step becomes more than just recovery—it's about rediscovering and redefining oneself.

This approach doesn't just aim to restore function or functionalities but to rebuild a life that resonates deeply with the person's core values and desires.

Tailoring recovery to individual goals ensures that every effort contributes effectively towards significant, life-enhancing outcomes.

It's about encouraging survivors to aim for the moon, reshaping their futures with each small victory.