

# Living with Stroke

Shepherd Center has created a guide called "Living with Stroke: Strategies to Live a Healthy Life" to help people who have experienced a stroke (and their loved ones) better understand stroke.

[Download as a PDF file](#)

It includes a section covering the anatomy of the brain, a glossary of new terms you may hear, and a list of resources that are available to assist you.

View the guide in [iBooks](#) or go to iTunes and search "Shepherd Center". Requirements: This book requires iBooks 1.3.1 or later and iOS 4.3.3 or later. The book can only be viewed using iBooks on an iPad, iPhone (3G or later), or iPod touch (2nd generation or later).