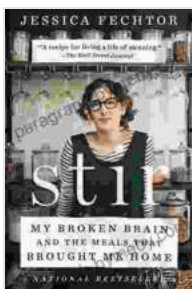


My Broken Brain and the Meals That Brought Me Home



Stir: My Broken Brain and the Meals That Brought Me

Home by Jessica Fechter

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3710 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 290 pages



In 2013, I suffered a debilitating stroke that left me paralyzed on my left side and unable to speak. I was 37 years old and the mother of two young children. My life as I knew it was over.

I spent the next few months in the hospital and rehab, learning how to walk and talk again. It was a long and difficult process, but I was determined to get my life back.

One of the things that helped me the most during my recovery was cooking. I had always loved to cook, and it was something that I could still do, even with my limitations. Cooking gave me a sense of purpose and accomplishment, and it helped me to connect with my family and friends.

As I got stronger, I started cooking more and more meals for my family and friends. I would invite them over for dinner, and we would spend hours talking and laughing. Cooking became a way for me to express my love and gratitude for the people who had supported me during my recovery.

In 2015, I decided to write a book about my experience. I wanted to share my story of hope and healing, and I wanted to inspire others who have suffered a stroke or other traumatic brain injury.

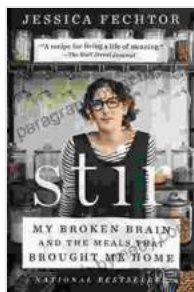
My book, *My Broken Brain and the Meals That Brought Me Home*, was published in 2017. It has been praised by critics and readers alike for its honesty, humor, and hope.

I am so grateful for the opportunity to share my story with the world. I hope that my book will help others to find hope and healing in their own lives.

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