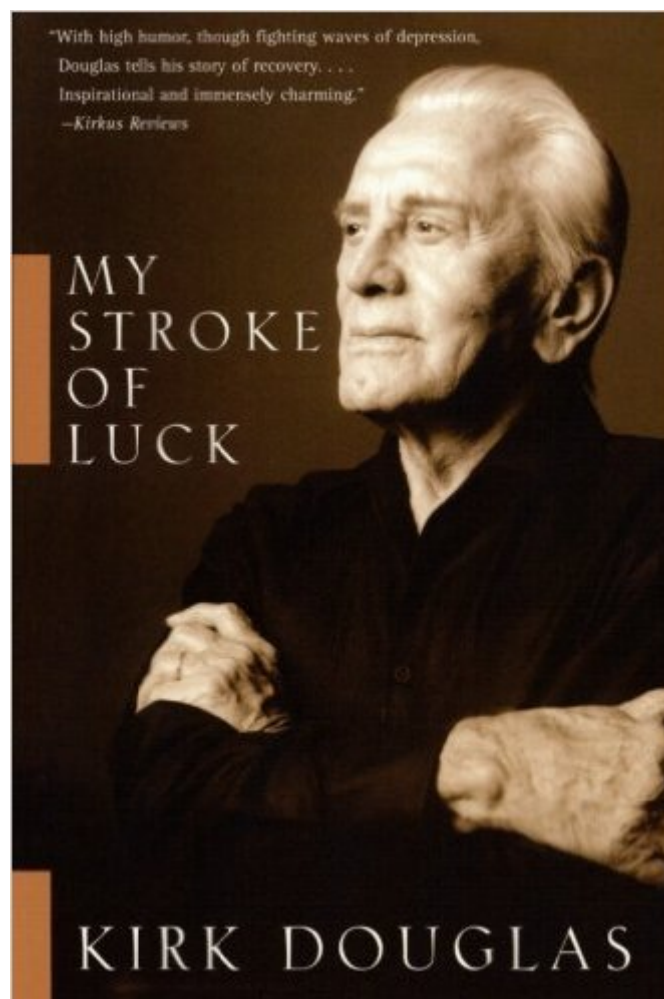


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# My Stroke Of Luck



## Synopsis

My stroke taught me so much, and for all that it stole, it gave me even more. In the process of healing, my life has changed for the better. Now I want to share what I have learned. In this vivid and very personal reflection upon his extraordinary life as an actor, author, and legend in his own time, Kirk Douglas offers a candid and heartfelt memoir of where it all went right in his life -- even after suffering a debilitating stroke. Revealing not only the incredible physical and emotional toll of his stroke but how it has changed his life for the better, Douglas shares the lessons that saved him and helped him to heal. Alongside his heartfelt advice and insight, he also recalls warm memories of some of the most famous figures of our time -- including Burt Lancaster, Michael J. Fox, and Gary Cooper -- as well as others who have soared to greatness in the face of adversity. Charming, soulful, and filled with personal photographs, *My Stroke of Luck* is an intimate look at the real person behind the fabulous talent -- and at a life lived to its very fullest.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (32 customer reviews)

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## Customer Reviews

Read MY STROKE OF LUCK by Kirk Douglas, his inspirational memoir depicting the past few years of his life . . . they have not been healthy ones for the famed actor, in that he first was in a helicopter crash and then suffered a stroke. But he has managed to survive both, even managing to resume his acting career . . . you'll be moved by both his upbeat attitude and sense of humor as he faced many life events that have unfortunately gotten the best of many others . . . I don't know if I would be able to maintain Douglas' grace, but I would make every attempt to do so. This book is a "must" for

anybody who has suffered a stroke or knows anybody who has . . . in addition, movie fans will like it for the many reminiscences sprinkled throughout. There were many memorable passages; among them: What a hard life she [my mother] endured. I kept studying her face. My mother's eyes opened and she stared at my face, filled with anxiety. She smiled softly and squeezed my hand gently. Her eyes, almost black on her white face, seemed to be looking through me. She whispered, "Don't be afraid, it happens to everyone." She took a deep breath and exhaled. The air came out of her mouth like a slowly deflating balloon. She stopped breathing. The world is filled with people who have suffered from one misfortune or another. The only thing that sets one apart from the rest is the desire and the attempt to help others. People who reach out beyond their pain, out into the world in a trusting way—they are the ones who make a difference. Nietzsche said, "He who has a why to live for can bear with almost anything." Why?

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