Free digital resources after stroke or brain surgery

A practical sharing guide for hospital stroke, neurosurgery, and rehabilitation teams

What this is

Still You Recovery offers free educational digital books and online guides about emotional, cognitive, and identity changes after stroke or brain surgery. The materials are written for survivors, caregivers, and clinicians. The site states they are free to read online or download as PDF or EPUB, with no registration, paywall, or email required.

Author, as identified on the site: Eric Whitney, DO Main website: https://stillyourecovery.com/

What to share, with whom, and when

At hospital discharge or follow-up, share the webpage that matches the person's situation. Share the link itself — not a saved file — so patients and families receive the current edition.

After stroke

Share with stroke survivors and their family or caregivers. The site addresses ischemic stroke, hemorrhagic stroke, and TIA.

Still You: Emotional Recovery After Stroke

Complete free digital book (PDF and EPUB)

https://stillyourecovery.com/stroke-recovery-book

Read online by topic: https://stillyourecovery.com/stroke/

Scan for the book page

After brain surgery

Share with patients and their family or caregivers after neurosurgery. The site discusses craniotomy, tumor resection, aneurysm repair, and AVM treatment.

Still You: Emotional Recovery After Brain Surgery

Free digital book — labeled on the site as an advance preview edition

https://stillyourecovery.com/brain-surgery/book

Read online by topic: https://stillyourecovery.com/brain-surgery/

Scan for the book page

How to share

Give the typed web address, send the link, or invite the person to scan the matching QR code. Prefer the webpage link over forwarding a downloaded file. Both books include a chapter written for family members and caregivers. Readers can use a phone, tablet, or computer, or download PDF or EPUB at no cost.

For your own reference · not a patient handout

After stroke: https://stillyourecovery.com/stroke/clinicians

After brain surgery: https://stillyourecovery.com/brain-surgery/clinicians

Please note

These materials are educational. They are not medical advice and do not replace the patient's neurologist, neurosurgeon, rehabilitation team, or other clinicians. Talk with the care team before changing treatment, medication, or supplements. Sharing this information is not a hospital or health-system endorsement and does not promise any clinical result.

This resource is not for emergencies. For sudden weakness, facial droop, trouble speaking, or vision loss, call 911.