



My Stroke of Luck

Kirk Douglas

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My Stroke of Luck Kirk Douglas

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.

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From reader reviews:

Harold Martinez:

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Timothy Hardy:

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