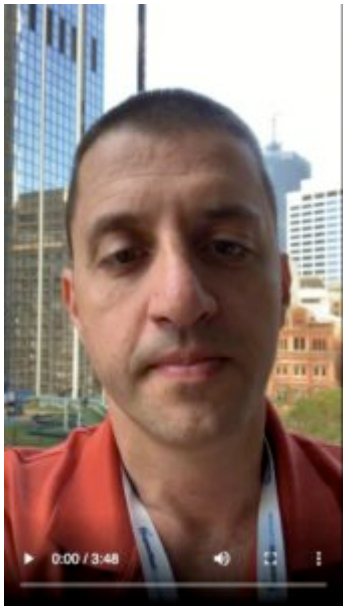
Changing Career After Stroke



Transcription:

Bill 00:01
Hey there! Bill from recoveryafterstroke.com. I have actually gone to a seminar today to come and learn about how to
get my message out there, and how to support more people in their road to recovery after stroke. And in the podcast, I
talk to people about a whole bunch of issues that they've had to overcome or are currently challenged by.
And I know
that one of the massive problems for people is work and what happens after stroke and how do they get back to work?

Bill 00:47
And how do they pay the bills and how do they keep you know, the heating on and all the stuff that we struggle with
after stroke. So I came across this amazing book hopefully you can see it, it's called work less, make more. When I saw it
initially, it was one of those, you know, typical, let's make as much money as we can kind of books.

Bill 01:15
But when I went into it, there's definitely an element of that. But the part that I

loved about it the most was that the
make more is not necessarily about making more money. It could be about for me making more time to do less work. It
could be making more time to be with family and friends and it could be making more time to allow me to heal my
brain, learn how to heal my brain, adjust my lifestyle so that I can not have to work you know 50 or 60 hours a day to
go back to the type of lifestyle that I had before stroke, which made me sick and made it possible for me to experience
a stroke and to nearly die and to go through all the things that I'm going through.

Bill 02:18
I just wanted to share this book with you guys, and help you potentially start thinking about, you know, what it means
for you to recover after a stroke, and how you might be able to apply the concept of work less and make more. We live in
a world where manual labor is starting to go by the wayside. Companies are finding ways to replace humans and
automate, but at the same time the internet is coming online and we can connect with people all over the world in areas
that we couldn't before, and in ways that we couldn't before and that's what I've discovered after the stroke.

Bill 03:00
Because I realized that I couldn't go back to my manual labor job, which was a property maintenance business, and
work for 16 hours a day that I did that got me into the trouble that I was in. I needed to find a new way. I also needed to
find a new community, I needed to find people that related to me. And let's face it when I got out of the hospital, those