

# From 3 Strokes To Author - Keith Rush

Keith Rush 3 Times stroke survivor has become an author to help fund specialized equipment needed to help him with his mobility after the strokes.

Episode 229

Instagram

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KRUSH: ER & the Strokes: The Survivor of a Stroke

It's all about the T Paperback

Highlights:

01:38 Introduction

06:12 Having the third stroke on the operating table

09:08 Looking for support

15:29 Looking for sponsorship for the book tour

26:18 Nothing can get done without money

29:26 It's All About The T

38:32 Support the Recovery After Stroke Podcast

Transcript:

Bill Gasiamis 0:00

Hello, everyone. Thank you once again for tuning in to another episode of the Recovery after Stroke podcast. My new book about stroke recovery is called The Unexpected Way That Stroke Became The Best Thing That Happened. 10 tools for recovery and personal transformation, and is now available for purchase on Amazon.

Bill Gasiamis 0:22

The book tells the story of 10 stroke survivors and how they got to that stage in their recovery, where they were able to reflect on their journey and say that from a personal growth perspective, stroke was the best thing that happened to them.

Bill Gasiamis 0:38

Recently, I received some awesome feedback from one of the people who purchased the book, which is a great read by Bill Gasiamis, aka Recovery after Stroke. There are things that I'm trying to figure out regarding how to change moving forward as a stroke survivor, mainly how to get enough rest, which has always been an issue for me.

Bill Gasiamis 1:00

There are many topics covered in this helpful book. And I recommend that to anyone interested. So it's cool to receive feedback in a positive light about the book, and I am grateful when somebody goes to the trouble to send some feedback and to make a post on Instagram, it's amazing.

Bill Gasiamis 1:20

So I appreciate the support. If you've had a copy of the book you've read it, and you have some feedback for me, I would love it if you're able to send me your thoughts. Give me a little bit of an update on what you thought of the book on how it helped you.

## Introduction - Keith "Krusher" Rush



Bill Gasiamis 1:38

It's been awesome to discover how this book is making a difference. Now this is episode 290 And my guest today is Keith "Krusher" Rush, who previously joined me on episode 229 When he was promoting his first book, which was written to help raise some money for equipment and other necessities after his brainstem stroke, which was caused by a burst AVM. Keith the Krusher Rush. Welcome back

to the podcast.

Keith "Krush" Rush 2:15

Yes sir.

Bill Gasiamis 2:16

How are you mate?

Keith "Krush" Rush 2:18

Hey man I'm blessed

Bill Gasiamis 2:27

It's Thanksgiving weekend. Are you celebrating it?

Keith "Krush" Rush 2:29

It is Thanksgiving weekend and I've been eating you know I've been celebrating, eating everything inside. I think I had four rounds yesterday so I'm good.

Bill Gasiamis 2:53

That's good. That's good. What are you thankful for?

Keith "Krush" Rush 2:57

I'm thankful to be alive, man. I'm thankful to God that he blessed me to be alive today. No matter what, no matter what I've been through. Every day is a struggle, but I'm still here.

Bill Gasiamis 3:16

Good to have you here. Man. I'm gonna talk about your book. Last time you were on the podcast. We spoke about the book right?

Keith "Krush" Rush 3:24

Yes, sir. You got a copy too, and I have a new book that's out too.

Bill Gasiamis 3:33

All right. Before we talk about the new book, let's talk about the old book because last time I didn't have a copy of the old book. Well, it's not old, it's very new, but it's the first book, right?

Keith "Krush" Rush 3:45

Yeah, it's my first book. The first book I did when I had a stroke was a book that I

didn't know what I was doing it could be a comedic type but I kinda didn't know the format but I kept writing. So this one is one of many, I have 261 other books. All different titles I was learning from that one book.

Bill Gasiamis 4:37

This is the first one. There are 260 more to come. But don't worry about those. We won't talk about those. I just want to talk about this one for a little bit. And then we're going to talk about the new one, right? So yeah, in this one here, I want to talk about the headings.

Bill Gasiamis 4:52

So I'm going to read the chapter headings. And it says Krusher had a stroke based on a true story. we'll keep going here comes a big one oh so there's more more a little bit of more pain and suffering that was coming along but as you keep going through the book you do describe kind of your journey and the things that you had to overcome and the things that you work through.

Keith "Krusher" Rush 5:21

Yeah, I talk about the hospital stay like Oh-oh, here comes the big one just to try to make it funny.

Bill Gasiamis 5:42

Tell me about the big one.

Keith "Krusher" Rush 5:46

I meant for it to be funny but serious and funny all at the same time. To make you laugh and even cry. And then I didn't know what was going on but I had that third stroke on the operating table.

## **Keith "Krusher" Rush had the third stroke on the operating table**

Bill Gasiamis 6:12

Yeah. You had that first stroke on the operating room table?

Keith "Krusher" Rush 6:15

No, it was the third one, the one-stroke the two-stroke, and then the three-stroke the third one was on the operating table and everything. I just wanna make it

happen, just write something down.

Bill Gasiamis 6:43

Why were you on the operating table?

Keith "Krusher" Rush 6:47

I was on the operating table because of the second stroke they found out what the stroke was it was called the AVM arteriovenous malformation and it was basically where the blood vessels got jumbled up in my brain and my blood vessels at the spine on my neck at the base of the brain stem.

Keith "Krusher" Rush 7:33

Yeah, it was in the brainstem and the third stroke, that one the doctor was operating on the second stroke because at first, they didn't know what it was really. And I don't know what happened. I was knocked out, I was unconscious and everything.

Keith "Krusher" Rush 8:05

But I just know from all of the notes from my journal. My diary that my mom told me, and my sister had all my family and everything.

Bill Gasiamis 8:24

How old were you?

Keith "Krusher" Rush 8:26

I was 27 years old. And now I'm 41 years old. So you can live with a stroke. It takes time. It is hard every single day. But you can live with stroke because I'm living for this long I was in the prime of my life at 27 years old, had a car and I house, good job, good credit, and everything. I was just looking for a wife.

## **Keith "Krusher" Rush looking for support**



Bill Gasiamis 9:08

And then you came home and your mum was your caregiver?

Keith "Krusher" Rush 9:13

Yeah, my mom was my caregiver then but now she is I won't say she's disabled. I'll just say she's aging, now I'm happy to be the caregiver for her. I'm the one who has to do everything so that's pretty much why I wrote the book. Because I was looking for help.

Bill Gasiamis 9:49

You are looking to sell some books, to raise some money to support yourself and your mother because you are a proud gentleman. You do not want handouts you want to offer something to get something in return and what you're offering is some of your story in the form of a book. And then what you're hoping to do is raise some of that money so that you guys can put it to the things that you need.

Keith "Krusher" Rush 10:16

You got it, you hit the nail right on the head. There was our bill. Yeah. For some reason, some breezy God just told me to keep Dr. King right game right. So did I have that that was the Bill Soundworld That's what Outdoor wrote this first book. Did I write to you? I'm just seeing the wild off the books.

Bill Gasiamis 10:43

Now the second book, you've got a copy there. Show us?

Keith "Krusher" Rush 10:47

Yeah, I do. The second one is all about 50,000 words is chronically the High School Championship game of my Alma Mater, my hometown. My Home Town Football team is called the Thomson Bulldogs. And it is crowded going in. You can pick this one up at Amazon. It'll be on my website soon.

Keith "Krush" Rush 11:27

As soon as I get enough money to get from the other book to get this book on my website, I have a website [www.krushthewriter.com](http://www.krushthewriter.com).

Intro 12:06

If you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be. You're likely to have a lot of questions going through your mind. How long will it take to recover? Will I recover? What things should I avoid? In case I make matters worse, and doctors will explain things that, you've never had a stroke before, you probably don't know what questions to ask.

Intro 12:30

If this is you, you may be missing out on doing things that could help speed up your recovery. If you're finding yourself in that situation. Stop worrying, and head to [recoveryafterstroke.com](http://recoveryafterstroke.com) where you can download a guide that will help you it's called Seven Questions to Ask Your Doctor about Your Stroke. These seven questions are the ones Bill wished he'd asked when he was recovering from a stroke. They'll not only help you better understand your condition. They'll help you take a more active role in your recovery head to the website now [recoveryafterstroke.com](http://recoveryafterstroke.com) and download the guide it's free.

Keith "Krush" Rush 13:09

Yeah, it has my book on sale my third book. As soon as I get a couple of hundred dollars I'll put this book up there for sale but you can pick up this book if you email me on my Facebook account. I'll send you a little link Bill you can get the ebook version or you can buy the paperback version for like \$13 is the paperback version or the ebook version is like \$3. But if you're a big baller so be it have to get a couple, not one, not two, not three but 500 or 1000 copies.

Bill Gasiamis 14:29

It's not essential to buy one copy you can buy more than that. 500 or 1000. I love it. I love it. Now you ended up on television. Were you on some kind of a morning show or something promoting your book?

Keith "Krush" Rush 14:52

I sure was I was on a couple of things, a morning show, one on one, a parade, they ran a commercial about me, and I'm trying to make a big splash.

Bill Gasiamis 15:25

And did you also do a book signing?

## **Keith “Krusher” Rush needs sponsorship for the book tour**



Keith “Krusher” Rush 15:29

Yes, sir I did, I did didee three book signings and I got some more to go because I’m gonna go on a little tour with this thing. I need some sponsors, I need these to help get some sponsors to get some things together. Where I would like to go on this tour because I would like to go on the tour, I would like to take my books and display what I want to hit the state of Georgia.

Keith “Krusher” Rush 16:30

All the East Coast of America, all across the West Coast I wanted to go on the door. But that is gonna take sponsorship. And I’m gonna need some heavy-duty sponsorship I just need to get it, make it proud, and make it loud.

Bill Gasiamis 17:04

You need some sponsorship. You want to do a tour most of the tour will be about Georgia, your home state I believe. And then you want to take this tour on so that you can get promotions so you can sell more copies. How are the book sales coming at the moment with the first book?

Keith “Krusher” Rush 17:11

Yeah, I want this thing to go worldwide because the first book is the first book, it’s gonna be what it’s gonna be, I got another book.

Keith “Krusher” Rush 17:39

The first one and a half is selling, the other one got to get proofread the other one



is gonna be a reloaded version of my my mom, I'm gonna be like the executive producer over there. I'm gonna let her edit it out.

Bill Gasiamis 18:24

So mom's doing a book as well?

Keith "Krush" Rush 18:26

I tried to let her like this was going to be a family affair. Yeah, I want all my family to back me up and everything. This is gonna be a family fair. When it comes down to this other business. Everybody has something to say. I want everybody to have their voice.

Bill Gasiamis 19:11

How many copies have you sold so far?

Keith "Krush" Rush 19:15

I don't have the exact number. 70 sold in one month, 44 sold in another month.

Bill Gasiamis 19:32

So it changes all the time?

Keith "Krush" Rush 19:34

Yeah, it changes every month that goes by it changes. I don't know how much exactly. I do know this though. I'm in a brand new \$12,000 wheelchair so whatever I need God will provide, it's all about God he will provide for me.

Bill Gasiamis 20:13

So you got a new wheelchair?

Keith "Krush" Rush 20:15

Yeah I did, actually I had to get a motorized wheelchair because if I use my arms I get tired I suffer from constant fatigue and if I use my arm to wheel myself around I get tired super easily I almost pass out so I had to get one that's an electric wheelchair.

Bill Gasiamis 20:53

Awesome so it was that made possible because you raise the money through selling the book?

Keith "Krush" Rush 21:00

It was made possible because I made money selling books it got me \$500 to fix my car was taught you know the money burned the book for a big book like Bill was listeners like yours all look watching this or listening to this. And purchasing not one like I told you, not two copies, not three but 50, or a hundred copies of my book you know that selling the book, all of it has gone to great use in this stuff that I need and my mom needs.

Bill Gasiamis 22:06

Your mom needs it because she's having some trouble with her health at the moment

Keith "Krush" Rush 22:12

Like I said don't want to pay me to stay and don't want to find as she says save as she is an aged nurse, get them back. And of course, you get sick as the older you get and never had like booked when the doctors would take this so many bills. They would work God that the prescription price got lowered a little bit.

Keith "Krush" Rush 22:47

The depth check got brought down a little bit. But it's out the things that go with the cost of medical care. Medical Medicare is that healthcare system is crazy right now. I'm just looking for White to release stuff but the pressure for her to release by the person for me is I want I have failures that need to be done. Like God did therapy I did not know this.

Keith "Krush" Rush 23:33

But let me tell you one thing about it. Mr. Bill. Wild Bill everybody who you know, everybody who you know who's in the wheelchair who's disabled, they're all going through money problems. That's the main thing. Because no matter, who I've talked to I've been in the same thing. No matter anybody who I talk to. We all go through the same thing. My name is money troubles with me do want to give out prizes by myself.

Keith "Krush" Rush 24:21

But what do you do? Both god I'm trying to make a way out with no way and I know that God's gonna step down and go ahead bow egg goes step in their file. But my thing is out that I'm trying to do the right thing. I want to do the right thing.

Keith "Krush" Rush 24:46

And what we all B is money. There's just no M as a buzzer by the buzzer by the Wi-Fi All out everybody needs some money everybody was disabled if you had a stroke if you had if you guys every number you have to pay for even a doctor you have to pay for transmit days no buyer who I've talked to I've talked a lot of people I have a network of people.

Keith "Krusher" Rush 25:36

We our network a big threat to our Naira is the hand up those dreaded the EU girl Miss job to our night Miss during Guerrero Jr night dead Miss Katrina bras Miss Jennifer want ad Miss have the bat the owl was way out in this together and all is gonna take by all of us it has Monday I just say like they have been advertising me everybody how's the boy.

## Nothing can get done without money

Bill Gasiamis 26:18

Nothing can get money also with some help you've been receiving help to write the first book are you still getting support with the other books that you're writing? Is this somebody on the sidelines that you would like to acknowledge who has been helping you with this project?

Keith "Krusher" Rush 26:39

I certainly Ah I'll start there writing get by myself but I recorded it all by myself but I've had help as far as like graphic design effort new way years he there my logo purse the rider logo it did my logo there and like I did Luis wanted out did the page the board tell the story the outline what it looks like it'd be out the A be out this love ah no to the Hall of mine that be to relive row that made them bad though store as someone that other big stores.

Keith "Krusher" Rush 27:51

I be exact get them producing and get off. Yeah, I've been putting my two cents on the story. Lie. Somebody does sound pie and amaze you I don't know how good doors they handle but I know how to tell a story. So I've done this one that dude tells the story. And the soy is basically in the prayers but the curse or at the show as I said as a good bit I'm gonna read how to read do it and I'm gonna put my voice in it for people can hear me.

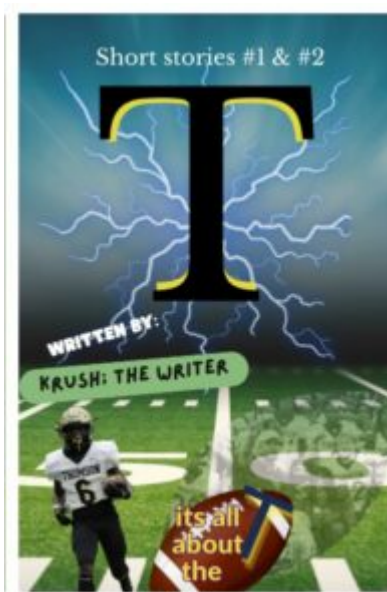
Keith "Krusher" Rush 28:47

Let me be the one who read it that read the book God I know how to store it and I know what nails the lab tractor wouldn't use so they want to everybody that big confused they bag but most of the ones are operated much as maybe Telenav store buys.

Bill Gasiamis 29:21

So give us a look at the second book again. Give us another look at it.

## **It's All About The T by Keith "Krusher" Rush**



Keith "Krusher" Rush 29:26

Yeah, the second book is called It's All About The T it's not that long. My cousin told me nobody wanted to look at a pamphlet. Well, I got 261 pamphlets.

Bill Gasiamis 29:55

So it's a short story about a football event that happened in your hometown?

Keith "Krusher" Rush 30:01

Yes the shores are bogged down and I have tools to show us drawers that know what burned a football game the championship game and the second one live for now Holcomb activities the second so story does I added there was about out what I was still counterclaim that I must fear and everything from the Vanda Verna from the activities that was gone on that day.

Keith "Krusher" Rush 30:48

And the whole combat give back and I ranted this Look girl. Her name is Jane Greer. And this little girl I'll tell you a story real quick. Okay, when I first had my stroke and I was coming down Bahasa River and I came outside it was this small little town that looked bigger than everybody else would go and they were Colorado to me a great man but there was soreness that opened up my mouth and they hurt my doll-like did that love running? Zap shakes Greer she's staying right there.

Keith "Krush" Rush 31:45

She was like Mala Agdal but Gaza at that point I was taking a vice suicide I was I wasn't thinking the body heavenly body had crossed my mind by looking across the way looking at the pills no I seemed to order by pills and like I got they torn the bow pills today just to live like how I don't do that like at the outward to what we're happy about the wall the wall right now.

Keith "Krush" Rush 32:29

What does the gardener suicide by I did do it by the law I was smart enough not to do that I'm not doing that. But back to love best sacred may say prayer was standing on my dad she will boulders she will pray he was the only one that stayed and look at me look to my end ever then why am I lucky when the rain dip my baby but it was in stores like that that said the book there? The book is there the book is cause it's all about tea. You You're gonna pick it up by our bizarre Ah, you could pick it out by hours. But I was saying your beard the length and everything.

Bill Gasiamis 33:33

I'll have all the links listed I'll put all the links in the show notes so people can find them can connect with you. I'll show some photos as well that people can use so it's all a good look I appreciate it I'm gonna go on Amazon and buy my copy now and

Keith "Krush" Rush 33:49

yeah, I look forward yeah I guess the major corporation of Thomson was Ross Amir you're lucky if you have been you know I clap your hands Clap my head

Keith "Krush" Rush 34:19

every day yes a very proud gate. If you feel Froggy. I'll draw a line in the sand I wanted to beat up on Pride. So bow now one not two not three. But be the of

500,000 copies if you want to other books make it gold mag caked on life. Wow. Yeah, like I said, I feel like a frog. Good dead. Every bomb. I like that.

Bill Gasiamis 34:59

Thanks, Keith, I appreciate you reaching out. Congratulations on the next book. Well done on everything you've achieved so far.

Keith "Krusher" Rush 35:08

Yes, sir and you know what? If you're happy and you know it clap your hands. All right brother.

Bill Gasiamis 35:40

All the best Keith be well, thank you for joining us on today's episode. Hopefully, you can support Keith by going across to Amazon searching Keith Krusher Rush, and getting a copy of his book, we must be able to support people who are doing great things.

Bill Gasiamis 36:00

With stroke recovery, to grab a copy of my book go to [recoveryafterstroke.com/book](https://recoveryafterstroke.com/book). To learn more about my guests, including links to their social media, and to download a transcript of the entire interview, go to [recoveryafterstroke.com/episodes](https://recoveryafterstroke.com/episodes).

Bill Gasiamis 36:18

Thank you to everyone who has already left a review regarding the podcast it means the world to me podcasts live and thrive. Because of reviews. When you leave a review, you're helping other people who need this type of content, or the stroke survivors, perhaps other caregivers who have just become caregivers.

Bill Gasiamis 36:40

To find it, the podcast easier and to make their stroke recovery journey a little bit better. If you haven't left a review and like to do it, all you need to do is go to Spotify or iTunes or leave a five-star review and a few words about what the show means to you. If you're watching on YouTube, comment below the video lately, the comments have been amazing. And I've been noticing more and more people leaving comments, I respond to all of them.

Bill Gasiamis 37:10

And I'm not at that stage where there are too many comments to respond to. So

please do leave a comment, I'd love to see them. It also helps the algorithm share the video and put the video in front of other people. Because it shows that the video has been interacted with and it's liked. And it's a video that is worth showing to other people. So that'd be fantastic.

Bill Gasiamis 37:34

That means we'll reach more people. If you're a stroke survivor with a story to share about your experience. Come and join me on the show. You don't have to plan for the interviews. They're not scripted, all you need to do is turn up. All you need to do is be a stroke survivor, who wants to share your story in the hope that it will help somebody else who's going through something similar.

Bill Gasiamis 37:55

So please reach out, I look forward to hearing from you. If you are a researcher who has a story you want to share about a recent study, and you want to let us know about your findings. please do reach out and let me know if you're looking to recruit people into your studies.

Bill Gasiamis 38:14

Reach out, let me know come on the show. Let's talk about your study. And let's talk about what you're hoping to achieve and who you're hoping to help. I would love to have you on the show and support you and create some work that has been perhaps needed in this space.

## **Support the Recovery After Stroke Podcast**

Bill Gasiamis 38:32

If you have a commercial product that you would like to promote that is related to supporting stroke survivors. There's also a path for you to join me on a sponsored episode of the show sponsored episode of the show. Important, this show is funded completely by me.

Bill Gasiamis 38:49

And as a result of that any support that I can get to raise some money to pay for some of the bills that this show has would be fantastic. That means I'll be able to cover the costs, do it for longer, and have amazing content go out to all the people

who need it.

Bill Gasiamis 39:11

Go to [recoveryafterstroke.com/contact](https://recoveryafterstroke.com/contact) If you're any one of those people fill out the contact form explaining briefly which category you belong to. I will respond with more details of how we can connect via Zoom. Thanks once again for being here and listening. I appreciate you see you on the next episode.

Intro 39:31

Importantly, we present many podcasts designed to give you an insight and understanding into the experiences of other individuals. The opinions and treatment protocols discussed during any podcast are the individual's own experience and we do not necessarily share the same opinion nor do we recommend any treatment protocol discussed.

Intro 39:48

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Intro 40:10

The information is general and may not be suitable for your personal injuries, circumstances, or health objectives. Do not use our content as a standalone resource to diagnose, treat, cure, or prevent any disease for therapeutic purposes or as a substitute for the advice of a health professional.

Intro 40:25

Never delay seeking advice or disregard the advice of a medical professional, your doctor, or your rehabilitation program based on our content if you have any questions or concerns about your health or medical condition, please seek guidance from a doctor or other medical professional if you are experiencing a health emergency or think you might be, call 000 if in Australia or your local emergency number immediately for emergency assistance or go to the nearest hospital emergency department.

Intro 40:50



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