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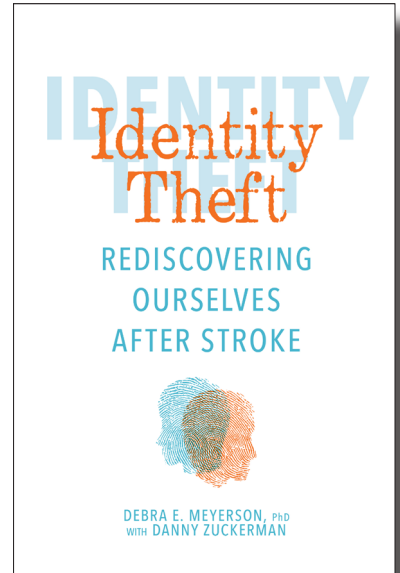
## Rebuilding a Life

What began as a strange sensation in her right leg eventually transformed her identity. *Identity Theft: Rediscovering Ourselves After Stroke* depicts the journey of Debra Meyerson, esteemed Stanford professor, wife and mother of three, as she learned to rebuild her life after a stroke.

A compelling story of resilience and strength, *Identity Theft* reveals Meyerson's journey to recover from a severe stroke that initially left her physically incapacitated and unable to speak. It centers on Debra's experience: her stroke, her extraordinary efforts to recover, and her journey to redefine herself. In addition to providing realistic expectations for the hard work needed to regain everyday capabilities, *Identity Theft* focuses on the less frequently documented emotional journey in recovery.

Virtually every survivor is haunted by questions like: "Who am I now?" and "How do I rebuild a meaningful and rewarding life?" after losing so much of what they had before—capabilities, careers and jobs, relationships, and more. *Identity Theft* is a book full of hope for survivors—from strokes and other health challenges.

A social scientist and analytical thinker, Debra explores the personal effects of a stroke or debilitating illness. By also sharing stories of fellow survivors, family members, friends, therapists, and doctors and sharing this diversity of experiences, Debra highlights how every person is different, every stroke is different, and every recovery is different, and provides inspiration in the broad possibilities for successfully navigating the challenging physical recovery—and the equally difficult emotional journey toward rebuilding one's identity and a rewarding life after a trauma like stroke.



## About the Authors



Previously a tenured professor at Stanford University, Debra Meyerson studied and taught about diversity, gender, identity, and organizational change. Her book *Tempered Radicals: How People Use Difference to Inspire Change at Work* (Harvard Business School Publishing, 2001) is still widely used by diversity/inclusion experts. In September 2010, Debra's life and career were derailed by a severe stroke that nearly killed her and initially left her paralyzed on the right side—and completely mute. Years of intensive therapy and a relentless work ethic enabled Debra to regain her independence, but she still lives with physical limitations and speech challenges. Debra wrote *Identity Theft* to help other survivors and those closest to them navigate the emotional journey that she has found very difficult—and rewarding. Debra lives in Menlo Park, California, with her husband, and has three grown children.

Danny Zuckerman is the cofounder of 3Box, a peer-to-peer social network that helps people create more meaningful connections and communities online. He previously worked on a new digital identity system based on blockchain technology, helped build digital math curriculum at Zearn, worked as a management consultant at Bain & Company, and studied political philosophy and economics at Stanford University. Danny is Debra Meyerson's son.

All author proceeds from book sales will be used to fund a new nonprofit initiative, Stroke-Forward.org.

*Identity Theft: Rediscovering Ourselves After Stroke* by Debra E. Meyerson with Danny Zuckerman  
Andrews McMeel Publishing; ISBN: Paperback: 978-1-4494-9630-2, \$16.99; Hardcover: 978-1-4494-9631-9; Price: \$24.99;  
288 pages; On sale: May 14, 2019; Available wherever books are sold

ADVANCE PRAISE FOR

# IDENTITY THEFT: REDISCOVERING OURSELVES AFTER STROKE

*“Identity Theft is the most powerful book I’ve read on the psychological experience of having and recovering from a stroke. This is a moving memoir—and a testament to the strength of the human spirit.”*

—ADAM GRANT, NEW YORK TIMES BESTSELLING AUTHOR OF *OPTION B*, *ORIGINALS*, AND *GIVE AND TAKE*

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*“Identity Theft is a must read for stroke survivors, their families, and stroke professionals. Using her story and those of others, Debra writes with humor and pragmatism about embracing and thriving in new identities after stroke.”*

—DR. CHITRA VENKATASUBRAMANIAN, MBBS, MD, MSC, FNCS, PROFESSOR, STROKE AND NEUROCRITICAL CARE, STANFORD UNIVERSITY

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*“Identity Theft will provoke thoughts, ideas, and paths to growth for anyone wrestling with identity in the face of life changes. Even while struggling with the aftermath of her stroke, Debra found a way to create this gift to others.”*

—LAWRENCE BACOW, PRESIDENT, HARVARD UNIVERSITY

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*“After watching Debra Meyerson’s extraordinary academic career cut short by her debilitating stroke, it is so inspiring to see her create such a powerful book for anyone trying to build a life of meaning in the face of adversity.”*

—CLAUDE STEELE, PROFESSOR EMERITUS OF PSYCHOLOGY, STANFORD UNIVERSITY, AND FORMER DEAN, STANFORD SCHOOL OF EDUCATION;  
AUTHOR OF *WHISTLING VIVALDI*

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*“Identity Theft is a scholarly yet easy-to-read exposition that addresses so many issues faced by stroke survivors, especially those with aphasia. It is a story of determination and hope that should be of interest to everyone.”*

—LEORA R. CHERNEY, PHD, SCIENTIFIC CHAIR, THINK + SPEAK LAB, SHIRLEY RYAN ABILITYLAB; PROFESSOR, PHYSICAL MEDICINE & REHABILITATION, NORTHWESTERN UNIVERSITY

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*“It is a rare book that can begin with medical trauma and loss of self-identity and turn into a deeply moving, surprisingly uplifting, and profoundly wise meditation on what it means to be human.”*

—ROB REICH, PROFESSOR OF POLITICAL SCIENCE, STANFORD UNIVERSITY; AUTHOR OF *JUST GIVING*

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*“With Identity Theft, Debra Meyerson has written what will certainly become a go-to resource for stroke survivors and their families, navigating that critical question—‘Who do I want to be now?’”*

—JULIA FOX GARRISON, STROKE SURVIVOR AND MOTIVATIONAL SPEAKER, BESTSELLING AUTHOR OF *DON'T LEAVE ME THIS WAY*

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*“Identity Theft offers a deeply moving, candid, eye-opening, and compassionate picture of life after stroke. It displays the power of resilience, determination, acceptance, and love—and is sure to inspire helpful reflection, no matter one’s age or health.”*

—KATHERINE J. KLEIN, EDWARD H. BOWMAN PROFESSOR OF MANAGEMENT AND VICE DEAN, WHARTON SOCIAL IMPACT INITIATIVE,  
THE WHARTON SCHOOL, UNIVERSITY OF PENNSYLVANIA