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## **Life After Stroke: Our Path Forward**

The American Stroke Association, a division of the American Heart Association, has published a helpful guide for patients and caregivers called Life After Stroke. There is life – and hope – after stroke. With time, new routines will become second nature. Rehabilitation can build your strength, capability, and confidence. It can help you continue your daily activities despite the effects of your stroke.

View the [Life After Stroke Guide for Patients and Caregivers](#).

The Life After Stroke Guide is also available in Spanish. [View the Guía De La Vida Tras Un Ataque Cerebral](#).