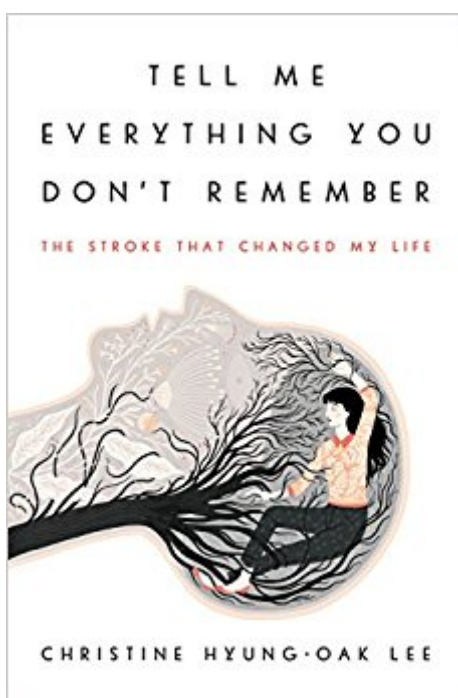


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# Tell Me Everything You Don't Remember: The Stroke That Changed My Life



## Synopsis

— A memoir of reinvention after a stroke at thirty-three, based on the author’s viral BuzzFeed essay Christine Hyung-Oak Lee woke up with a headache on New Year’s Eve 2006. By that afternoon, she saw the world—quite literally—upside down. By New Year’s Day, she was unable to form a coherent sentence. And after hours in the ER, days in the hospital, and multiple questions and tests, she learned that she had had a stroke. For months, Lee outsourced her memories to her notebook. It is from these memories that she has constructed this frank and compelling memoir. In a precise and captivating narrative, Lee navigates fearlessly between chronologies, weaving her childhood humiliations and joys together with the story of the early days of her marriage; and then later, in painstaking, painful, and unflinching detail, her stroke and every upset, temporary or permanent, that it causes. Lee processes her stroke and illuminates the connection between memory and identity in an honest, meditative, and truly funny manner, utterly devoid of self-pity. And as she recovers, she begins to realize that this unexpected and devastating event provides a catalyst for coming to terms with her true self.

## Book Information

Hardcover: 272 pages

Publisher: Ecco (February 14, 2017)

Language: English

ISBN-10: 0062422154

ISBN-13: 978-0062422156

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 18 customer reviews

Best Sellers Rank: #311,501 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #696 in Books > Biographies & Memoirs > Professionals & Academics > Medical #9269 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

—“A brave, encouraging, genuine work of healing discovery that shows us the ordinary, daily effort it takes to make a shattered self cohere.” (Floyd Skloot, author of *In the Shadow of Memory*) —“The stuff of poetry and of nightmares— [Lee] investigates her broken brain with the help of a journal, beautifully capturing the helplessness, frustration, and comic absurdity (yes, a book about a stroke can be funny!) of navigating life after your world has been torn

apart. (Susannah Cahalan, author of *Brain on Fire*) "Lee excavates her life with the care of an archeologist in this stunning memoir...Her account is lyrical, honest, darkly comic, surprising, and transcendent in the way it redefines the importance of family history, memory, and what of it we choose to hold with us. A beautiful book. (Christa Parravani, author of *Her: A Memoir*) "A searing memoir buoyed by hope. (People) "This honest and meditative memoir is the story about how Hyung-Oak Lee rebuilt her life, quite literally one step at a time, and how she discovered the person she had always wanted to become. (Refinery29.com) "Honest and insightful (New York Times Book Review) "Emotionally explicit and intensely circumspect... . With careful thought and new understanding, the author explores the enduring mind-body connection with herself at the nexus of it all. A fascinating exploration of personal identity from a writer whose body is, thankfully, no longer at war. (Kirkus Reviews) "Fearless... [Lee] engaging memoir...makes a difficult topic accessible and relatable. Lee expertly explains how the brain works and how even a damaged brain can adapt. Her narrative is both scientific and emotional, revealing the wonders of biology and the power of the human spirit. (Booklist)

Christine Hyung-Oak Lee woke up with a headache on the morning of December 31, 2006. By that afternoon, she saw the world quite literally upside down. By New Year's Day, she was unable to form a coherent sentence. And after hours in the ER, days in the hospital, and multiple questions and tests, her doctors informed her that she had had a stroke. For months afterward, Lee outsourced her memories to a journal, taking diligent notes to compensate for the thoughts she could no longer hold on to. It is from these notes that she has constructed this frank and compelling memoir. In a precise and captivating narrative, Lee navigates fearlessly between chronologies, weaving her childhood humiliations and joys together with the story of the early days of her marriage; and then later, in painstaking, painful, and unflinching detail, the account of her stroke and every upset temporary or permanent that it caused. Lee illuminates the connection between memory and identity in an honest, meditative, and truly funny manner, utterly devoid of self-pity. And as she recovers, she begins to realize that this unexpected and devastating event has provided a catalyst for coming to terms with her true self and, in a way, has allowed her to become the person she's always wanted to be.

Ever wonder what it would be like to live completely in the moment? Christine Hyung-Oak Lee's journey through the landscape of memory loss and recovery provides a glimpse of what it feels like

to have your mind erased. Her terse, searing narrative couples the subjective experience of rebuilding a life after a devastating brain injury with a well-researched, scientific exploration of the wondrous capacity of the human brain to rewire itself back to health. For anyone who has faced the prospect of starting over from scratch, this book is an inspiring must-read.

This book is the most riveting book I have read in a long time. Christine takes you through all her emotions ups and downs. You can see and feel her pain, her emotion, her reality in losing her world as she knew it. Her new world finding her losses in the new. The respect she showed her ex-husband is great. I was pinned to her book. The real facts on stroke is informative. She is a very Exciting Writer. I look forward to reading her next book. Best of luck to you and your precious daughter.

Tell Me Everything You Don't Remember is a raw and gorgeously written memoir of a Korean-American woman who must reconstruct a new identity when faced with a sudden stroke. I really loved how she plays with repetition and sentence structure to echo her fragmented thoughts and mind. It's touching. It's lovely. It's real. And it's worth reading and rereading.

Loved how this story was told in a circular narrative. Two steps forward, one step back. And so it goes.

I've been looking forward to this book since I read her viral BuzzFeed essay, "I had a stroke at 33." Gripping, enlightening and ultimately uplifting, this memoir teaches how to start over once you've lost everything. I can't wait for this author's next book.

Beautifully written!

This is a frightening phenomenon. Thanks so much to Hyung-Oak Lee for recording her experience.

A wonderful memoir of a harrowing time in this young woman's life. I highly recommend.

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Tell Me Everything You Don't Remember: The Stroke That Changed My Life  
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Doing Things You Don't Want to Do  
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