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Local Author Richard L. Burns Featured in Spring 2011 Issue of *Scrubs Magazine*

Burns' Live or Die: A Stroke of Good Luck highlighted in 'What's on Nurses' Nightstands?' section

MONTEREY, CALIF. – Richard L. Burns, Carmel resident and author of Live or Die: A Stroke of Good Luck is featured in the Spring 2011 issue of *Scrubs Magazine*, the nurse's guide to good living, a national publication that reaches 350,000 readers.

Carolyn McDowell, Director of Patient Care Services at Choice Home Health Care in Monterey, Calif., recommended the book for a section called, 'What's on Nurses' Nightstands?' saying, "Burns suffered a stroke when he was only 38 years old. Through determination and hard work, he was able to regain much of his former self. I love his candor and way of making readers feel like we're old friends."

"I am honored that home health care nurses find my book inspirational. They see many stroke patients on a regular basis, and I hope my experiences can help them understand deeper their patients' journeys of recovery," said Burns.

A touching glimpse of one man's diagnosis and recovery delivered through witty prose, Live or Die: A Stroke of Good Luck aims to inspire victims of stroke and other serious illness by showing them how one's life and values change with each step of recovery. It is a practical guide to overcoming challenges one faces in the process. "It's about how to cope and conquer, how to come out on top and how to live a real life," said Burns.

Live or Die: A Stroke of Good Luck shared company with other popular books in the 'What's on Nurses' Nightstands?' section including Are You There, Vodka? It's me Chelsea by Chelsea Handler, Be Excellent at Anything: The Four Keys to Transforming the Way We Work and Live by Tony Schwartz, The Elegance of the Hedgehog by Muriel Barbery and The Rembrandt Affair by Daniel Silva.

Stroke is the third leading cause of death and the leading cause of serious, long-term disability in the nation, with approximately 7 million stroke survivors. Strokes cost this country \$73.3 billion per year. May is National Stroke Awareness Month.

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