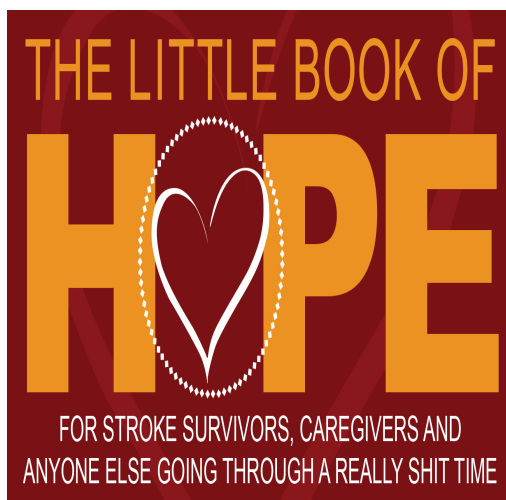


World Stroke Day - 29th of October 2014. Media release. For immediate release.

At just 42 years of age, **Ade Djajamihardja** suffered a massive brain hemorrhage stroke, which required life saving brain surgery and weeks in an induced coma. Many did not expect him to survive, let alone speak or eat again. During the seven months Ade was in hospital, and particularly in the earlier stage of his rehabilitation, when he could not even press a nurse button to call for help, Ade realized that **the battle is truly won and lost in the mind.**



Author: Ade Djajamihardja

ISBN: 978-0991214303

Available: www.LittleBookOfHope.com and all good book stores

With limited sight and movement after his stroke, Ade was still keen to be able to contribute in some meaningful way. After initially feeling some suicidal thoughts, Ade created his own toolbox of ideas that helped him stay sane and happy throughout a very challenging time. He wanted to share these tools to help others, and hence his book was born. Now Ade together with his wife Kate, also share their insights through their speaking business "**The Accidental Motivator**".

Although *The Little Book Of Hope* deals with a serious issue, humor is utilized to great affect. This is evident even from the time you first pick up the book and read the full title, which in typical Ade humor is titled ***The Little Book of Hope – For Stroke Survivors, Caregiver’s and Anyone***

Else Going Through a Really Shit Time.

Stroke is **the leading cause of disability**, and the second biggest killer after heart disease. Most people have been either directly or indirectly affected by stroke in some way. This book is an easy and great read, full of optimism and practical tips. With World Stroke Day here to promote stroke awareness and prevention, and also with the recent focus on Mental Health, this important book contributes significantly to our literary landscape.

“...this little book which was written with a big heart will not only help people who are stroke survivors or healing from an illness, it’s also an insightful guide to everyday life for anybody who is facing any kind of challenge in their life.”~ **Jack Canfield, Co-creator Chicken Soup for the Soul Book Series and The Success Principles, and featured teacher in the movie, The Secret**

“... The Little Book of Hope is a must-read for anyone who faces adversity, and for those of us who help care for them.”~ **Associate Professor Peter Hwang, Neurosurgeon, The Alfred Hospital and Monash University, Melbourne, Australia**

“What a story. Told with wit and wisdom... Love your sense of humor and irony. It is a massive, magic weapon ... you are right, Ade, it gets you through.”~ **Derryn Hinch, Journalist, Television and Radio Presenter, Writer and Human Headline**

“...Ade and Kate tell their story openly and honestly, resulting in this very special book, which made me cry but also made me nearly wet my pants I laughed so hard. The Little Book of Hope is a tonic for your body and mind and soul and I highly recommend it to ANYONE and EVERYONE who is just trying to live life.” ~ **Jane Kennedy, Producer, presenter and author**

"This little book is a gem. Don't put it on a shelf. Keep it by your bed. Pick it up anytime and turn to any page. It's a lucky-dip of simple uplifting wisdom."~ **Santo Cilauro, Producer, presenter and author**

“Wow!!!! It is fantastic! I LOVE IT!! It is just so spontaneous and comes from the heart. Ade, you are obviously a natural with words and can bring humor to a very serious event/situation without diminishing the seriousness of it...Anyone who has suffered a stroke or is a carer/loved one of a stroke survivor will hugely benefit from hearing your words.”~ **Sophe Kimonides, Neuropsychologist, Melbourne, Australia**

“...Your book is sure to lift many, many souls, Ade. And it will remind everyone to be grateful and positive and to learn to laugh a whole lot more. I'm going to make EVERYONE I know read this!” ~ **Tiara Jacqueline, Award winning Malaysian Producer and Actress, and passionate arts advocate**

“... He never lost hope, and showed me, our family, so many others, and himself, that you CAN achieve what someone tells you is not possible. Most importantly, it proves just how much a little bit of hope can go a long way. I've never been more proud to be his son! ~ **Jesse Djajamihardja, Student and son of author**

“This book is amazing...It is a living manifestation of the teachings of the many Gurus to whom you refer and yet it is more ...But above all else it is a book of love - maybe the Beatles did get it right after all!

~ **Dr Gerard O'Hare CBE DL FRICS, Ambassador for HRH The Prince of Wales for Corporate Social Responsibility**

For facts on Stroke we suggest you visit: www.worldstrokecampaign.org and www.strokefoundation.com.au

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