# Blow My Mind

*By Baila Paluch*

**A Mother's Sudden Stroke and Her Relentless Fight to Reclaim Her Life**

Have challenge. Write book.

Then I had a stroke that paralyzed the right side of my body. It also robbed me of my speech, my creativity, and my ability to follow a train of thought for longer than 30 seconds.

I had the challenge all set up, but how would the book happen?

Then, slowly, Hashem restored my faculties.

It was time to write my story.

I had three ironclad "Thou shalt not" rules.

Thou shalt not:

be boring,
shy away from the struggle,
qualify as Tisha Bav reading.

Those rules shaped the book into a riveting page-turner, deeply moving, yet sprinkled with humor and wit.

Our generation is starved for validation that they are beloved by Hashem even while they struggle; there are so many books about heroes who accept everything Hashem sends with love, but about the rest of us? Who will tell our stories?

*Blow My Mind* is our story.

It's been my honor and privilege to work with Tamar Ansh to finally bring my book to the finish line. I had to keep crazy hours to meet her deadlines, but our time together was so productive, pleasurable and fun that it was worth drinking the extra coffee.