

On World Stroke Day, Stroke Survivor & Author Terence Ang will be interviewed by NYC Big Book Award's Gabby Olczak

Terence Ang to share inspiration of how people post stroke can rebuild normality in their lives, be it as a survivor, a caregiver, or a healthcare professional.

BROOKLYN, NY, UNITED STATES, October 18, 2023 /EINPresswire.com/ -- The NYC Big Book Award recognized Terence Ang's "Emerging From the Dark...The Untold Stories" as a Distinguished Favorite in the Inspiration category.

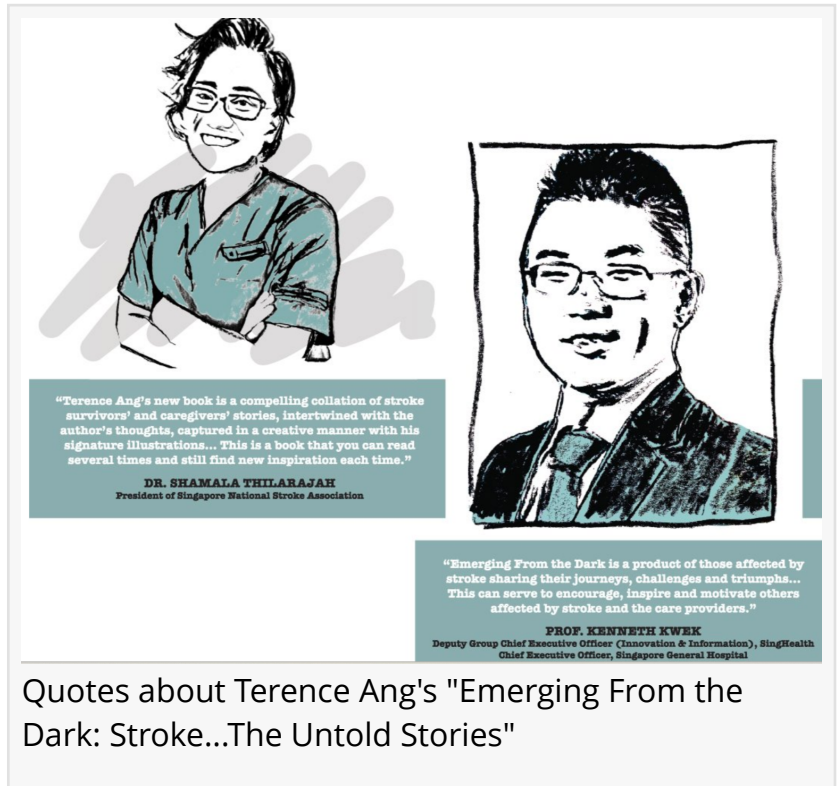
The president Gabby Olczak of the New York City Big Book Award plans to interview Ang about his story and his work with others who have been affected by stroke. The interview will be released on World Stroke Day, October 29, 2023.

To encourage more people to understand the plight of stroke survivors and their caregivers, the "Emerging From the Dark: The Untold Stories" eBook is available at 99cents/Kindle Unlimited at <https://www.amazon.com/dp/B0CHPJ92Q7> from October 18th to 25th.

[Emerging From the Dark...The Untold Stories by Terence Ang](#)

Having a stroke can be a terrifying and life-changing experience. The sudden onset of symptoms can be disorienting and overwhelming, and the long road to recovery can be daunting.

Many people who have had a stroke are left with physical and cognitive impairments that can make it difficult to live a normal life. They may experience weakness, numbness, paralysis, difficulty speaking, or memory loss. These changes can make it challenging to perform everyday



The graphic features two portraits. On the left is a sketch of Terence Ang, a man with glasses and a teal shirt. Below it is a quote: "Terence Ang's new book is a compelling collation of stroke survivors' and caregivers' stories, intertwined with the author's thoughts, captured in a creative manner with his signature illustrations... This is a book that you can read several times and still find new inspiration each time." Below the quote is the name and title of Dr. Shamala Thilarajah, President of Singapore National Stroke Association. On the right is a sketch of Prof. Kenneth Kwek, a man with glasses and a dark suit. Below it is a quote: "Emerging From the Dark is a product of those affected by stroke sharing their journeys, challenges and triumphs... This can serve to encourage, inspire and motivate others affected by stroke and the care providers." Below the quote is the name and title of Prof. Kenneth Kwek, Deputy Group Chief Executive Officer (Innovation & Information), SingHealth and Chief Executive Officer, Singapore General Hospital.

Quotes about Terence Ang's "Emerging From the Dark: Stroke...The Untold Stories"

tasks, such as bathing, dressing, eating, and walking.

Despite the challenges, many people who have had a stroke are determined to recover and regain their independence. They may undergo physical therapy, occupational therapy, or speech therapy to improve their functional abilities. They may also need to make changes to their lifestyle, such as quitting smoking, eating a healthy diet, and exercising regularly.

The recovery process can be long and difficult, but it is possible to make a full or partial recovery. With hard work and determination, people who have had a stroke can rebuild their lives and return to a normal level of functioning.

The book "Emerging from the Dark: Stroke...The Untold Stories" is a collection of stories from people who have successfully recovered from strokes. These stories are inspiring and motivational, and they show that it is possible to overcome the challenges of stroke and live a full and meaningful life.

“

I hope to continue empowering survivors of stroke, and through this book, initiate discussions on how we can offer additional support and solidarity to individuals on their path to recovery.”

Terence Ang

from Asia, Australia, Europe, and North America. This year, cities such as Ann Arbor, Denver, Edinburgh, London, Los Angeles, Melbourne, Miami Beach, New Delhi, New York, Ottawa, Princeton, San Francisco, San Juan, Singapore, and Winnipeg were represented. Winners were recognized from Austria, Australia, Bangladesh, Canada, England, Germany, India, Israel, Italy, New Zealand, and the United States.



“This is a book that will inspire everyone - but my biggest hope is that through these stories, we will as a community learn to empathise and embrace these stroke survivors.”

DR. MOSES KOH
Consultant, Rehabilitation Medicine
Department of General Medicine, Sengkang General Hospital



“Thank you, Terence, for sharing your story, it is truly an invaluable insight into the consequences of stroke care.”

PROF. SANDY MIDDLETON
Professor of Nursing, Director, Nursing Research Institute
St. Vincent's Health Network, Sydney, St. Vincent's Hospital Melbourne,
Australia Catholic University

More quotes about Terence Ang's "Emerging From the Dark: Stroke...The Untold Stories"

Journalists, well-established authors, small and large presses, and first-time independent authors participated in remarkable numbers. This year, awardees hailed from Blackstone Publishing, Berrett-Koehler, Beyond Words, Casemate, Cinnabar Moth Publishing, Citrine Publishing, Four Way Books, Fantagraphics, Greenleaf Book Group Press, Ideapress, Inner Traditions, Kogan Page, Ooligan Press, Riverhead Books, Rutgers University Press, She Writes Press, Story Monsters Press, Teacher Created Materials, The Wild Rose Press and the White House Historical Association.

“Our team is honored to highlight the excellence and achievements of a diverse array of authors and publishers,” said awards sponsor Gabrielle Olczak. “Their work represents a commitment to excellence. It is our mission and privilege to continue to showcase their work on an international stage.”

The competition is judged by experts from different aspects of the book industry, including publishers, writers, editors, book cover designers and professional copywriters. Selected award winners and distinguished favorites are based on overall excellence. To view the list of distinguished favorites:

<https://www.nycbigbookaward.com/2023distinguishedfavorites>

YouTube Channel

<http://youtube.com/c/IndependentPressAwardSpringNYCBigBookAwardFall>



NYC Big Book Award 2023 Distinguished Favorite



Author Terence Ang

Author Interviews: www.TheGabTalks.com

Join us for Spring 2024,

<https://www.independentpressaward.com/> *

Follow us on X (Formerly Twitter)

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Learn more about Terence Ang and his work, visit <https://www.gratefulsteps.sg/>

About the Author

August 2020 marked a significant turning point for Terence Ang when he faced a life-changing stroke. At the time, he held a prominent position in Singapore's largest electronics and home company, overseeing digital marketing and e-commerce. As a stroke survivor, Terence was determined to make a positive impact on someone's life by sharing his own inspiring journey and offering a hopeful perspective while navigating the challenges of everyday life.

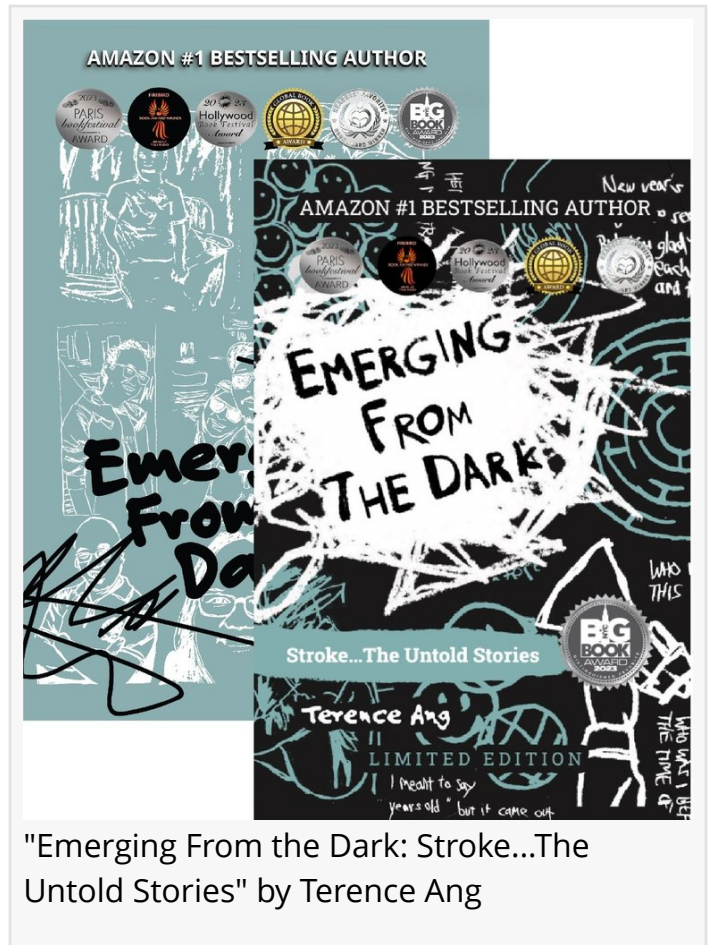
His debut book, "A Cry in the Dark," eloquently chronicles his personal experience and struggles following the stroke.

Its launch garnered recognition, leading him to be invited as a speaker at the esteemed World Stroke Congress 2022 in Singapore. There, Terence shared invaluable insights on how health professionals played a crucial role in his recovery.

With his second book, Ang showcases the empowering stories and journeys of other stroke survivors, providing hope, inspiration, and support to those facing similar challenges. Through his writing, he continues to shine a light on the strength and resilience of the human spirit.

Now, with Ang's upcoming new release, "Strength in Motion, Dancing through Stroke Recovery", he shows how exercise can make a major difference.

"Emerging From the Dark...The Untold Stories" has garnered a plethora of esteemed awards, including the illustrious Firebird Book Award for 2023, a top honor in the Non-Fiction category at the Hollywood Book Festival, Readers' Favorite International Book Award for Biography, the NYC Big Book Award for Inspiration, and a coveted prize in the Short Stories category of the Global Book Awards. In addition to these accolades, the work has been named as a finalist for an array of distinguished recognitions, such as the Book of the Year Awards in the True Story category,



"Emerging From the Dark: Stroke...The Untold Stories" by Terence Ang

the Global Book Awards for Non-Fiction, the Paris Book Festival in the Biography/Autobiography section, and the transformational memoirs category at the BookFest Book Awards.

Ted Olczak

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