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**FOR IMMEDIATE RELEASE**

## **NEW MEMOIR PULLS BACK THE CURTAIN ON LIFE AFTER A LOVED ONE'S STROKE**

**A raw, unfiltered look at caregiving when the world expects you to just figure it out.**

Southington, Ohio, USA, June 2025—In her gripping debut memoir, *Surviving My Husband's Stroke*, Denise Hoover tells the unspoken truth about life after a medical crisis: hospitals discharge, but caregivers are left behind—frightened, exhausted, and completely unprepared.

When Denise's husband suffered a major stroke, their world turned upside down. One day she was a wife. The next, she was responsible for a man with brain damage, speech loss, and no roadmap for recovery.

"There's no manual for what happens next," says Hoover. "They sent us home, and suddenly I was the nurse, therapist, teacher—and still expected to be a wife. I had no idea what I was doing."

Told with unflinching honesty and emotional depth, *Surviving My Husband's Stroke* captures the heartbreak, chaos, and resilience of one woman's fight to care for her husband without losing herself in the process. What started as journal entries became a story that every caregiver, partner, and survivor needs to read.

The memoir is available in paperback and eBook formats.

### **About the Author**

Denise Hoover is an ordinary Midwestern woman with an extraordinary story to tell. After her husband, Jeff, suffered a major stroke, she turned to journaling as a way to cope with the emotional and practical challenges of his recovery. *Surviving My Husband's Stroke* is Denise's debut book, in which she shares her personal journey with vulnerability and hope.

### **Media Inquiries & Interviews:**

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**Advance reader copies and interviews available upon request.**