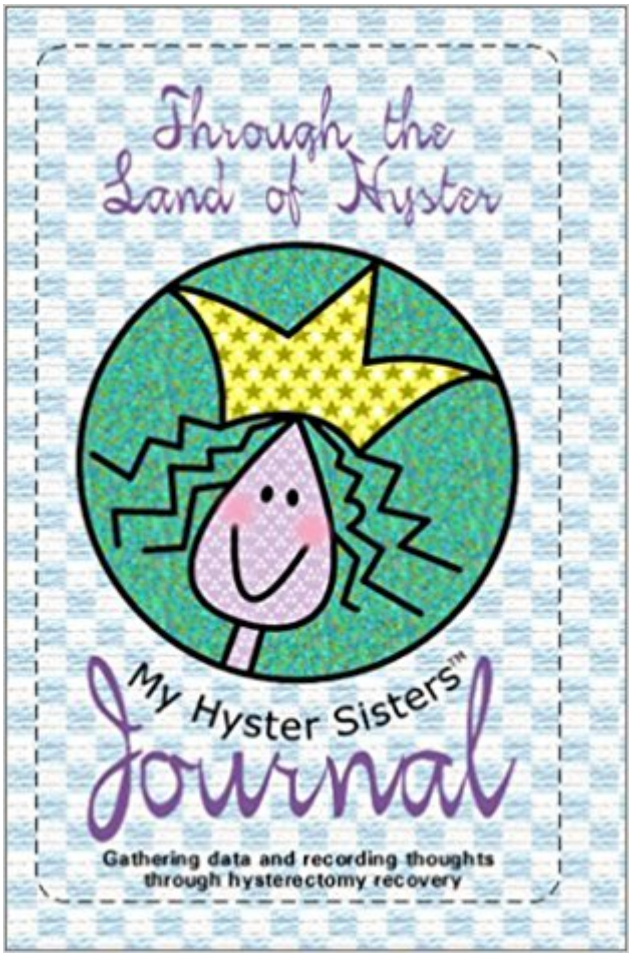
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# My Hyster Sisters Journal




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## Synopsis

No matter what, planning any surgery is difficult. Use the journal to write down what the doctor tells you. Write down what you want to remember to ask the doctor. Keep track of your medications. Ã Â Write down your personal thoughts along the way. Its hard to think straight when you are stressed out: Let the Hyster Sisters checklists be of benefit to you. And after you have tracked your pre-op and post-op questions and answers, use this journal to write about your journey through the Land of Hyster, day by day. (Spiral bound, 125 pages)

## Book Information

Spiral-bound: 125 pages

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## Customer Reviews

I created this journal to be a companion to the book, "Through the Land of Hyster: The Hyster Sisters Guide." Because there is much to keep track of, questions to remember, personal thoughts, grief, concerns and triumphs to document, the Hyster Sisters asked for a journal. Keep the journal with you as a reminder that you don't walk this path alone.

Kathy Kelley enjoys life with the help of a dachshund puppy and the encouragement of her two grown kids. She created the Hyster Sisters website after her own surgery because she couldn't find a website of kindness with answers for her own questions. Neither pro-hyst or anti-hyst, the Hyster Sisters mission is to offer support to women who are researching their options and alternatives for women's health issues. In her "real life" Kathy Kelley is a public high school teacher in North Texas.

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