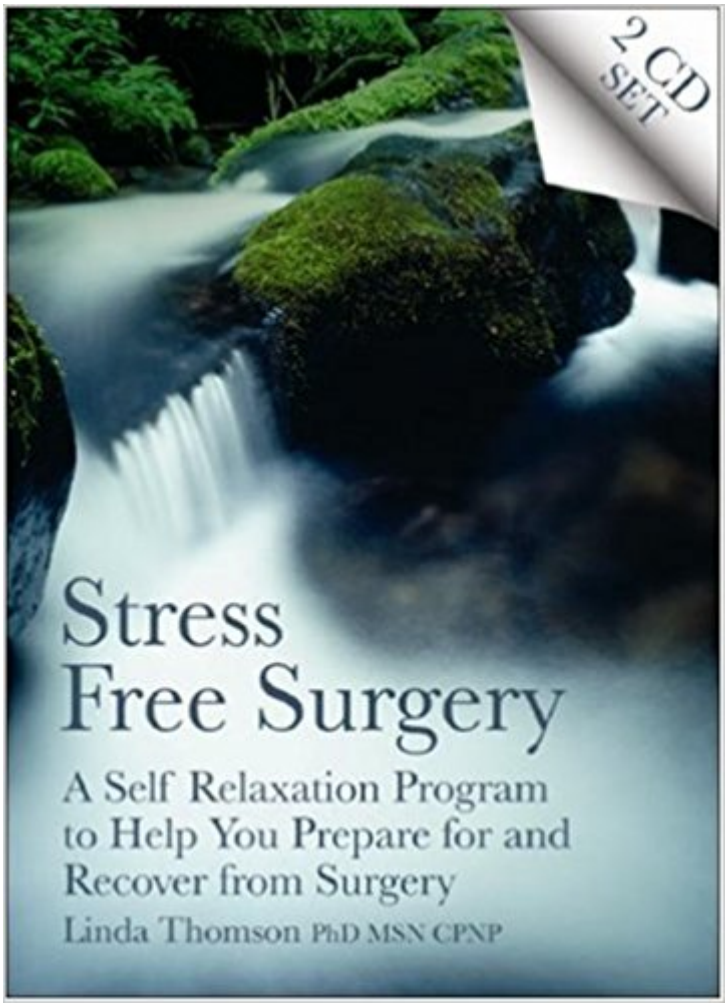
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Stress Free Surgery: A Self Relaxation Program To Help You Prepare For And Recover From Surgery



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Synopsis

This 2-CD program contains everything that patients need to help them prepare for, and recover from surgery they are about to undergo. Forty years of research has shown that patients who are psychologically prepared for surgery have vastly improved outcomes. It has all been shown that self-hypnosis, when used in addition to anesthesia, can decrease anxiety and pain and hasten healing. Hypnotically prepared patients to shown to have shorter hospital stays, less post-operative pain and nausea, use fewer pain medications, and suffer less anxiety and blood loss than patients who receive routine care. The techniques used combine imagination with building belief and expectation to create a safe, gentle and effective way to reduce stress and relieve pain. They allow the patient to tap into their own inner resources so that they are in the best frame of mind for surgery. This results in less pre-operative anxiety, less post-operative discomfort and faster healing. This set contains two CDs, one to play before having surgery to reduce stress and anxiety and to sow the seeds of rapid recovery, and one to play after surgery to further promote healing and recovery.

Book Information

Audio CD

Publisher: Crown House Publishing; Unabridged edition (September 15, 2007)
Language: English
ISBN-10: 1845900731
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Product Dimensions: 7.2 x 0.6 x 7.6 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,397,157 in Books (See Top 100 in Books) #124 inÃ Â Books > Books on CD > Health, Mind & Body > Fitness #337 inÃ Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #637 inÃ Â Books > Books on CD > Health, Mind & Body > General

Customer Reviews

This CD program will make a wonderfully helpful contribution to people needing comfort and support at a most vulnerable time in their medical care. Linda Thomson’s positive, supportive and gentle hypnotic encouragement to move through surgery and post-surgery with a calm and positive frame of mind, can make a big difference in how well and how quickly someone recovers. Anyone going through surgery can benefit from listening to these well-constructed sessions. --Michael D. Yapko,

PhD, clinical psychologist and author of Trancework: An Introduction to the Practice of Clinical HypnosisLinda Thomson, PhD is a very skilled and experienced hypnotherapist. This is a valuable and powerful technique which can be used effortlessly by any individual who has to undergo surgical procedures. --Prof. V.M. Mathew, Consultant PsychiatristAn excellent adjunct to conventional, modern surgical treatment of patients. --Dr. Robert Novoa, Director Cardiovascular Surgery, Aultman Hospital

Linda Thompson is a paediatric nurse practitioner. Certified as an approved Consultant in Clinical Hypnosis by the American Society of Clinical Hypnosis she incorporates hypnosis into her practice to help children help themselves with a variety of physical and emotional problems.

I have used many hypnosis cds in the past, and this is one of the best!The lady who does the cd has the most calming and lulling voice ever!I used it before my surgery, and it helped me to be calm and worry free.My Dr was impressed with my results!

Very relaxing. I bought this prior to a procedure and fell asleep midday listening to it -- rare for me to get that relaxed during daylight hours. I did not end up having the procedure so can't talk about the benefits on that end, but I'm glad to have this in the house for any possible future procedures needed by anyone I know.

I'd heard about mediations and hypnotherapy for pre-surgery and was somewhat skeptical the outcome would differ than not at all. I was happily surprised as I noted the thoughts that seem to stick in the back of the head somewhere and maintain some sense of fear dissipated, replaced by positive expectations. The cd guide lends to both practical info, which connects you to cues in sounds and other markers to assist the relaxation process through into surgery, helping you feel prepared. The post surgery section includes a pain management focus. I started listening to the pre-surgery a week or so before surgery, right up until they were ready to wheel me in and started the post section as soon as I awoke (and my wife could plug it in for me). The access was simple via download to my smaller ipod, convenient and portable to the surgery.Ã Â Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery

Professional hypnotherapist Linda Thompson presents Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery, an audiobook on 2 CDs created to

help surgery patients tap into their own inner strength and place themselves in the optimum frame of mind. The first CD is designed to reduce stress and anxiety before surgery; the second CD promotes healing and recovery after surgery. Stress Free Surgery is meant to be used in conjunction with anesthesia to reduce pain and hospital stays, as well as lessen post-operative pain and nausea. The gentle, positive-minded encouragement is spiritually uplifting; Stress Free Surgery is very highly recommended as a gift for surgery patients of all backgrounds. 2 CDs, 89 minutes.

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