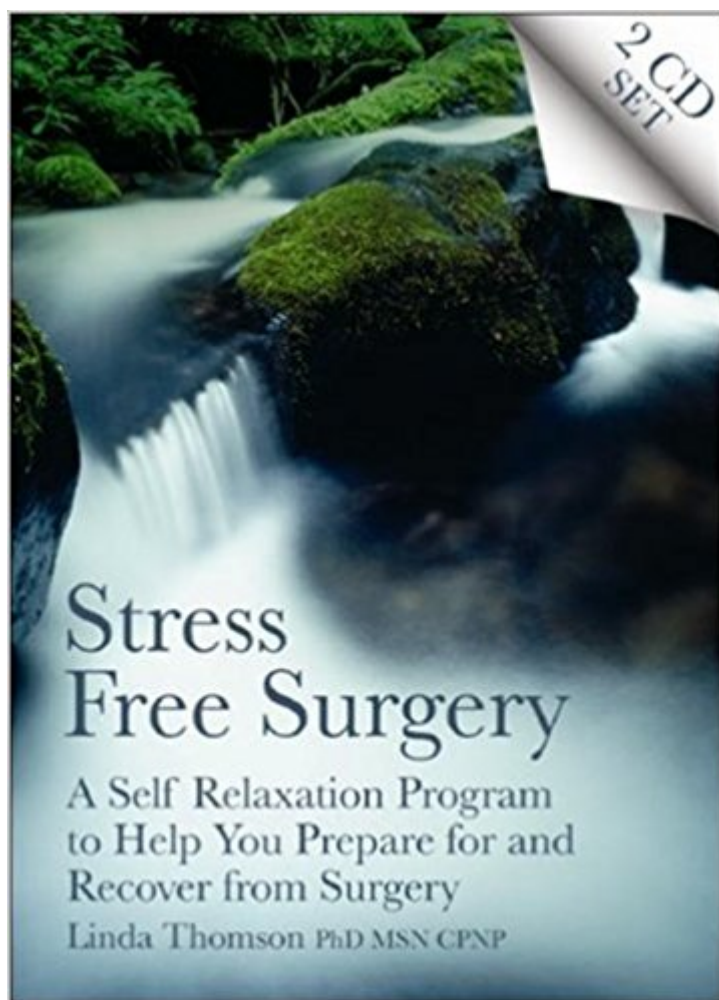


The book was found

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



## 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 are 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

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Best Sellers Rank: #1,397,157 in Books (See Top 100 in Books) #124 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #337 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #637 in [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 Hypnosis* Linda 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 Psychiatrist An 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 meditations 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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Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery  
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System The Relaxation and Stress Reduction Workbook (New Harbinger Self-Help Workbook) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life (NTC Self-Help) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Fema: Prepare, Respond, and Recover (Emergency Response) Coloring Books for Adults Relaxation: Swear Word Animal Designs: Sweary Book, Swear Word Coloring Book Patterns For Relaxation, Fun, and Relieve Your Stress (Volume 5) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Progressive Relaxation (Relaxation & Stress Reduction (Audio)) Relaxing Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Reduction Patterns (Volume 45) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem

and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3)

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