



Surgery CD: Heal Faster - Prepare Before and After Surgery (Relax Into Healing Series)

Nancy Hopps

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Proven to improve physiological functions during and after surgery and greatly speed recovery times, these simple techniques, presented with genuine warmth and caring, are not only soothing, but also scientifically sound.

Once again, Nancy Hopps has taken a difficult life experience, and offered compassionate guidance that makes the journey seem less frightening and the outcome one of positive expectancy. The deep relaxation, healing guided imagery and healing affirmations on this award-winning, 72-minute recording make preparing for and recovering from surgery much easier.

The processes are expertly designed to create the most optimal healing environment, internally and externally. Presented with such warmth and caring, it's as if Nancy's right there beside you, holding your hand through the tough spots.

BEFORE SURGERY, Nancy helps you

- * Ease pre-op surgery anxiety
- * Create an attitude of positive expectancy
- * Imagine the surgery going smoothly and successfully.

AFTER SURGERY, powerful visualization and positive affirmation processes help facilitate

- * Post-operative pain management
- * Full post-op recovery
- * Vibrant, radiant health

By approaching your surgery and recovery period with full trust, you can learn to let Love be the most active, potent force in your self-healing process, enhancing overall mind body spirit healing. The power of guided healing visualization and positive healing affirmations, combined for holistic mind body healing, cannot be overstated.

Whether breast, hysterectomy, cancer, hernia, knee or hip replacement, prostate, back, abdominal, carpal tunnel, cataract, plastic, laser or any other kind of major or minor surgery, this guided imagery CD, with its positive affirmations and compassionate wisdom is a perfect adjunctive or complementary therapy treatment for any surgical procedure.

The award-winning CD also includes an informative booklet with additional helpful information.

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