

Mp3 Stephanie R. Carter, Ph.d. - For Your Surgery: Before, During And After

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A relaxing guided imagery exercise designed to help you during your entire surgical experience: before surgery to relieve anxiety; during surgery to relax your body; after surgery to reduce pain and heal faster.

1 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: For Your Surgery: Before, During and After is the CD from Dr. Stephanie Carters Meditations for Health and Healing designed specifically to help you during your entire surgical experience. Listen before surgery to relieve anxiety. Listen during surgery to relax your body. Listen after surgery to reduce pain and heal faster. As soon as you know you are having surgery, start listening to this CD because it not only will calm your understandable anxiety, it will prepare your body to respond to surgery in a relaxed and helpful way. Listen during surgery. Tell your surgeon that you would like to listen during surgery. Most surgeons welcome anything that is safe and helpful, so he/she will welcome this too. Be sure to get a CD player and learn how to set it for continuous play so that the exercise will repeat over and over again during the whole time of your surgery.

Remember to put in fresh batteries. However, if you cannot listen during surgery, dont worry. If you have listened several times before, your body and mind will remember what it has to do, how to relax and the positive attitude that is the most helpful during surgery. Listen after surgery during your recovery as many times as you wish. The suggestions for healing are healthy and positive for both your mind and body.

Research has shown that patients who listen to CDs like this have less post-surgical pain, use less pain medication (you may find you require less pain medication than is prescribed, but please do take what you need), have fewer post-surgery complications, have reduced blood loss, less anxiety, shorter hospital stays, and feel more positive about the surgical experience. You can, too! This CD grew out of my own experience. Years ago, when I was told I needed major surgery, I was terrified. The experience was scary and painful. I noticed the same reactions in my patients, and soon after learning hypnosis. I learned how to help people through this important event in their lives. It works. Its easy. Just listen and let your mind and body use their natural resources for healing and feeling better. Stephanie R. Carter, Ph.D., is a licensed psychologist in Miami, Florida. She is the author of the book Taking Charge of Fighting Cancer,

an easy to use workbook with a soothing audio CD inside. She has been treating children, adolescents and adults for over 30 years; seeing individuals, couples, families and groups. She presents workshops and speaks on a wide array of topics, and she teaches a weekly seminar on Emotional Fitness for Women of all ages. Dr. Carter is the author and narrator of The Guided Imagery Collection. Visit her website [drscarterfor](#) for more information. Heres what some people have said: When I had outpatient surgery last summer I used Dr. Stephanie Carters Surgery Relaxation CD both before and after surgery. It helped me to relax and relieve my anxiety. Prior to surgery and after surgery listening to it aided my recovery. I would highly recommend this tape to other people because of its soothing qualities. Susan Hearing the words, you need surgery is a very frightening experience. I know that listening to Dr. Carters For Your Surgery contributed to my having a very positive surgical experience. I listened to the CD daily before surgery - especially when I felt a freak out moment approaching! - and went into the OR and onto the operating table with my headset on. The CD definitely helped turn a potentially difficult situation into a very manageable one. I recommend this CD and Dr. Carters other CDs to everyone facing a stressful situation, whether its something as serious as surgery or the normal, garden variety stress we all face every day. Eileen When people I care about are facing surgery, I wonder what can I do to support them. When I give the For Your Surgery, I feel that Ive given them something tangible that can help in their recovery. That makes both of us feel better. Deborah

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