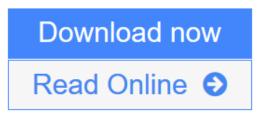


Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques (Newly Revised and Updated 4th Edition)

Peggy Huddleston



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Prepare for Surgery, Heal Faster shows how to use mind-body techniques to reduce anxiety, use 23-50% less pain medication, and heal faster. Documented by research, it is recommended by hospitals in the U.S., including Brigham and Women's Hospital, which is a Harvard Medical School teaching hospital and NYU Langone Medical Center in New York. It also includes chapters about using mind-body techniques to reduce the side-effects of chemotherapy, how to prepare children for surgery, and vitamins to speed healing. An updated edition was published in 2012.



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