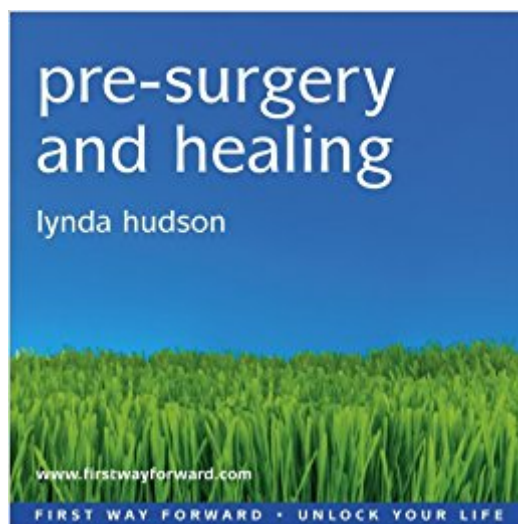




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# Pre-surgery And Healing: For Those Facing A Medical Procedure Or Surgery (Lynda Hudson's Unlock Your Life Audio CDs For Adults)



## Synopsis

Are you FACING OR ALREADY RECOVERING FROM SURGERY? This self help hypnotherapy CD / Download for adults and older teenagers can help you feel EMOTIONALLY PREPARED, CALM, AND RELAXED, and research shows that a comfortable state of relaxation encourages more rapid healing. Relaxing comfortably, you learn to use your breathing to RELEASE TENSION AND INCREASE FEELINGS OF CALM. You are shown how to prepare your mind and body for forthcoming procedures and call upon your body's natural healing forces to come into play. Then you VISUALISE A RAPID RECOVERY with an emotional and physical sense of well being. This SUCCESSFUL APPROACH is based on natural, safe, sound hypnotherapy principles: act out each positive step in the imagination and dramatically increase the chance of success in the real world. Lynda's gentle, English voice calms, re-assures as she gives suggestions for boosting confidence and self esteem. As a former teacher and clinical hypnotherapist of many years standing, she has helped thousands of people world-wide through her CDs and downloads. She has featured in the press, TV and radio and is author of two widely acclaimed books on hypnotherapy with children and adults. The recording uses state of the art technology. Regular listening is the key to success!

## Book Information

Series: Lynda Hudson's "Unlock Your Life" Audio CDs for Adults

Audio CD

Publisher: Firstwayforward Audio Books (June 1, 2005)

Language: English

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Product Dimensions: 5 x 0.4 x 6.8 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,101,304 in Books (See Top 100 in Books) #63 in Books > Medical Books > Medicine > Medical Procedure #2001 in Books > Books on CD > Health, Mind & Body > General #10012 in Books > Children's Books > Growing Up & Facts of Life > Health

## Customer Reviews

Lynda Hudson, a former teacher, is a fervent believer in the benefits of hypnotherapy for children. Having retrained and worked in this field since the early 90s, she has helped thousands of children and teenagers either face to face or through her hypnotherapy CDs and MP3s\*. The recordings

deal with a wide range of topics and different age groups and help with anxiety, fears, confidence, self esteem, hospital visits to name but a few areas. Lynda also has a range for adults and is continually adding new titles. She believes passionately that mistaken myths of hypnosis need to be dispelled so that people can understand that hypnotherapy for children in the hands of a well trained and experienced practitioner is a gentle, natural drug free experience which can be amazingly empowering. This gentleness and warmth comes across in her voice so that children can feel totally at ease. To quote Peter Mabbutt, Director of Studies at the London College of Clinical Hypnosis, Lynda is the acknowledged expert on the use of hypnotherapy with children . She gives masterclasses in the Use of Hypnosis with Children for some of the most prestigious hypnosis organisations in the country. Not only does she run a successful practice and give training courses, Lynda is the author of two highly acclaimed handbooks\*\* for therapists. She has received glowing praise for these books by highly respected colleagues, authors, presidents of eminent hypnotherapy associations and societies in Australia, Ireland and the USA as well as in her home country, the UK. She has been a clinical hypnosis lecturer and examiner for the London College of Clinical Hypnosis and taught clinical hypnosis for Thames Medical Lectures. Now however she devotes all her trainings to teaching others how to work with children. Participants say how they love her warm, enthusiastic and knowledgeable approach which inspires them to progress in this field themselves. Lynda has a first class honours degree in Psychology and Diploma in Applied Linguistics. She has diplomas in Clinical Hypnosis, Stress Management, Cognitive Behaviour Therapy and other branches of psychotherapy. She is a Member of the British Psychological Society, Diplomate of the British Society of Clinical Hypnosis, Member of the General Hypnotherapy Register and the Association of Professional Hypnotherapists and Psychotherapists.\* CDs and MP3s available from our site plus Apps to download for iPhones \*\* Scripts and Strategies in Hypnotherapy with Children (2009) and More Scripts and Strategies in Hypnotherapy (for adults) (2010)

I recently underwent a spinal fusion surgery. Several weeks prior to the surgery I began listening to this recording. I developed a habit of listening to it nightly and sometimes fell asleep. The night before my surgery I listened to it and miraculously had a full and deep night's sleep. I was sooooo relaxed in pre-op that I was yawning and the nurse commented that I was "so chill" that I was putting her to sleep! The surgery went so smoothly that it was done an hour under schedule. I was out of the hospital a day ahead of time and all through the experience I maintained an amazing calm and optimism. I know that Lynda Hudson's pre-surgery hypnosis was a big part of this positive experience!!! Absolutely awesome! Thank you Lynda Hudson.

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recipes, Noodle recipes, easy Chinese recipes ,...) (Unlock Cooking, Cookbook [#2]) Welcome to Wok World: Unlock EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes, Noodle recipes, easy Chinese ... (Unlock Cooking, Cookbook [#2]) (Volume 2) Welcome to Cookie World: Unlock EVERY Secret of Cooking Through 500 AMAZING Cookie Recipes (Cookie Cookbook, Best Cookie Recipes, Gluten Free Cookies Cookbook,...) (Unlock Cooking, Cookbook [#16]) How to Repair iPhone Screen & Unlock iPhones: Learning how to repair cracked iPhone screen, unlock iPhones, upgrade iPhones iOS version & backup iPhones made easy (Pictures inclusive)

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