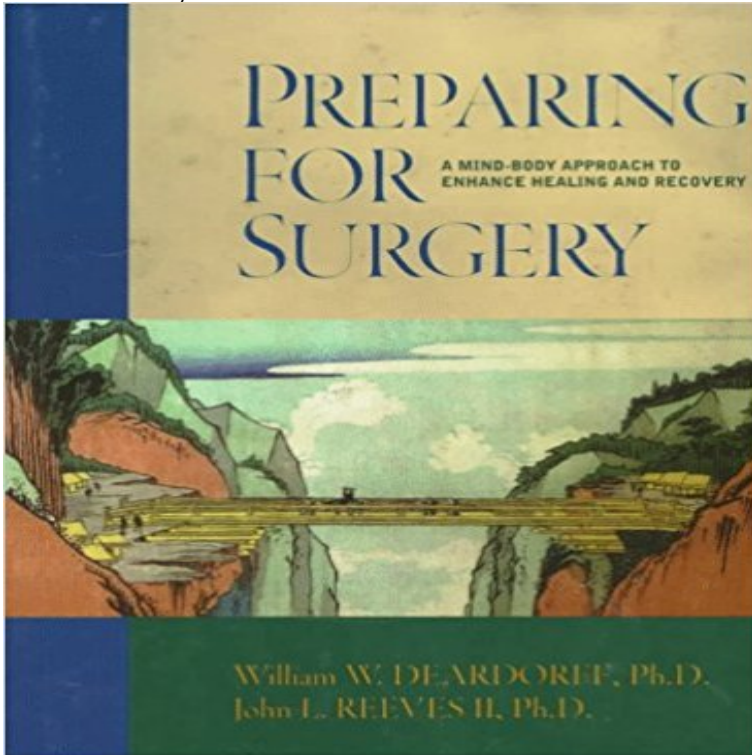


Preparing for Surgery: A Mind-Body Approach to Enhance Healing and Recovery



Details tested techniques that have been found to help decrease the need for post-operative pain medicine, reduce complications, lessen distress before & after surgery, and promote a quicker return to health.

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