



A Meditation to Promote Successful Surgery

Belleruth Naparstek

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Belleruth Naparstek's expertly crafted surgery meditation helps listeners imagine a safe and comfortable operation and recovery, complete with hypnotic suggestions and images of successful outcomes. A separate music track can be played in the O.R., and the affirmations track focuses on healing during the recovery period. This extraordinary research-proven meditation for surgery preparation and recovery was found in double blind, placebo-controlled research to dramatically lower pre-and post-op anxiety and pain, speed up healing, and reduce blood loss, length of hospital stay and use of medication. These meditation CDs for surgery are distributed by hospitals and health plans nationwide, including the Mayo Clinic, Johns Hopkins, Columbia Presbyterian, Kaiser Permanente, Blue Shield of California and the U.S. Veterans Administration. Naparstek's calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn, to provide reassurance and confidence to the most anxious pre-surgery patient. (Running Time: 81 minutes)

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