



# **Prepare for your Operation: Helps Your Child Prepare for a Medical Procedure (Lynda Hudson's Unlock Your Life Audio CDs for Children)**

*Lynda Hudson*

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## **Prepare for your Operation: Helps Your Child Prepare for a Medical Procedure (Lynda Hudson's Unlock Your Life Audio CDs for Children)** Lynda Hudson

Scripted in consultation with Dr Adam Skinner Consultant Paediatric Anaesthetist at the world renowned Royal Children's Hospital, Melbourne, this is a self-help hypnotherapy recording for children and teenagers. This CD helps your child relax as they listen to clear and reassuring general information about their forthcoming hospital procedure or operation. Children say that they really enjoy this way of relaxing and receiving gentle yet powerful suggestions for coping with the visit calmly and confidently.

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