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## Surgery How to Rehearse Before You See the Nurse: A Practical Guide to an Easier Time

By Rosann Argenti

AuthorHouse. Paperback. Condition: New. 204 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. Do you need to go under the knife for any reason? Are you anticipating an extended or short-term hospital visit? Do you feel uncertain, overwhelmed, or ill prepared? *Surgery: How to Rehearse Before You See the Nurse* is a comprehensive guide written with the patient's perspective in mind. It is designed to help you through one of the most challenging experiences: surgery. The witty title, courtesy of legendary comedian Jackie Mason, illustrates the style of the book: a good-humored approach to a potentially harrowing experience. Rosann Argenti, a trained social worker, Tai Chi Master-Instructor, and a Licensed Massage therapist, shares her personal saga about a surgical procedure that changed her life. Rosann provides a wealth of information for patients and their families to use before and after surgery. Through a series of questionnaires, you will gain the insights necessary in making appropriate decisions when faced with the critical dynamics of surgery. You will also derive emotional sustenance as you pass through the complexities of the medical arena. Rosann presents many useful approaches on exercise, relaxation, music therapy, self-massage, aromatherapy, and offers recommendations related to drug dependency, depression, diet, and...



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