



After Surgery: Wellness in Recuperation

Regina Sara Ryan

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Once surgery is done, healing begins. *After Surgery: Wellness in Recuperation* helps readers survive, even thrive, during the necessary "downtime" in recuperating from surgery, trauma or illness. Filled with down-to-earth advice and wisdom, this book empowers readers to take an active role in their own recuperation, proving that they hold the key to how well and how quickly their healing is done. Whether readers are bedridden at home or in the hospital, for a few days, weeks or even months, this is the one guide they need to create a more balanced and productive recovery. A lifesaver for anyone recuperating from surgery, it follows a clear, reader-friendly wellness approach in addressing the following:

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Managing and reducing pain

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Coping with fear, anger, frustration and other unexpected emotions

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Inspiration for renewed life during and after recovery

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Becoming an active participant in your own healing

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Dealing with well-meaning visitors, and caregivers and more.

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