

“When I learned that I needed open-heart surgery, I was scared and not prepared. This was something that happened to other people - not to me! Rebecca and I spoke on the phone about my fears and she listened - I mean, really listened to me. Rebecca put together two custom made CD's. We decided on one for relaxation prior to surgery and one during surgery, which would address my healing and pain tolerance. I listened to my custom made relaxation CD every day prior to surgery, and as I did, I would feel the tension and fear draining from my body. Soon I was embracing my upcoming surgery rather than fearing it! For my "during surgery" CD, Rebecca used therapeutic statements about my recovery, free of heavy medications, and positive suggestions for my healing and comfort level. On the morning of my surgery, I had a feeling of confidence that all would go smoothly - and it did. During my recovery, the strongest pain medication I needed was Tylenol! Rebecca taught me how to take an active role in my recovery and healing, and because of her I was able to experience this process without fear. Rebecca, I hope you continue to change lives and know how much you can make a difference. Thank you.”

-Dawn Worden, self-employed, Portsmouth, New Hampshire