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Peggy Huddleston's Relaxation/Healing CD Plus Instructional CD



Watercolor of Exuma, Bahamas
"Clouds from Goat Cay" by Jane Chermayoff

Peggy Huddleston's
**Relaxation/Healing CD
Plus Instructional CD**

*Research at Harvard Medical School teaching
hospitals has documented that using this
Relaxation/Healing CD reduced anxiety.*



Synopsis

Peggy Huddleston's Relaxation/Healing CD gently guides listeners into a deep state of relaxation using guided imagery to reduce anxiety and connect with an inner peace. The CD can be used with *Prepare for Surgery, Heal Faster*, the best-selling book by Peggy Huddleston. Or the CD can be used for general relaxation, as it never mentions surgery. Use it to lessen stress, stop tension headaches and migraines, fall asleep faster, lower blood pressure, reduce chronic pain and lessen the side-effects of chemotherapy.

Book Information

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Customer Reviews

Peggy Huddleston has taught workshops in self-healing to thousands of people in Boston, New York, Philadelphia, Paris, and Amsterdam. Her clinical work and research focus on the ways emotions and the human spirit enhance healing. At Boston's New England Baptist Hospital, a Tufts and Harvard Medical School teaching hospital, she is principle investigator of the research project, Patient Centered Techniques to Enhance Surgical Outcomes. Ms Huddleston is a researcher and psychotherapist with a private practice in Cambridge, MA.

I do not mean to offend Peggy Huddleston fans. reviews encouraged me to choose this CD. I want a good guided imagery tape to take help with surgery. I don't have the time nor inclination to read the book that "goes with" the CD [Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques](#) (Newly Revised and Updated 4th Edition). More reviews have been written since I purchased just the CD that lead me to believe they are best when used together. This CD has two

main tracts: voice with background (heartbeat) sounds and without heartbeat sounds. I find the heartbeat sounds very annoying. Yes, I can listen to the tract w/o the background sounds but why pay for a CD where one-half may make you rip out earbuds and walk away as I have. I feel that she should have decided that one way or other was best (background sounds or not) and gone with it when she made this CD. Also should have made it clear the book+CD combo is more helpful than CD alone. The cadence and timing of her voice are not relaxing to me. Her countdown to relaxation (5-4-3-2-1) is too fast. There are not enough pauses to allow for breathing along with CD or shifts in body position to enhance comfort and relaxation. I far prefer Belleruth Naparstek CD's. I did not buy her "A Meditation to Promote Successful Surgery" because I have her Ease Grief and Chronic Fatigue/Fibromyalgia, two early CD's that were recommended by MD's and chaplains at Mayo Clinic Rochester MN in 2006. She has made many more since then. They have been extraordinarily helpful. I like her positive affirmation sections. Even two cats and a dog run down the hall to listen with me when they hear BRN's voice (so 3 paws and a thumb up). I have taken Jon Kabat-Zinn's Basic and Advanced Mindful Meditation courses and weekends at Duke University so I am not a neophyte re relaxation techniques. Coming to Our Senses: Healing Ourselves and the World Through Mindfulness Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness I am thrilled for those of you who were helped by this CD. I was not.

This is fabulous. I have two copies of the book, and have loaned it to friends. It always comes back, with gratitude. Using the CD for my third surgery: very successful with first two, though they were with audio tape. The CD sound is pretty muddy: maybe my player needs new batteries?

I was diagnosed with prostate cancer in April and had surgery to remove the prostate in late June 2007, when I was 61. I was not particularly worried about the cancer spreading, because tests indicated that it probably was contained in the prostate. I was worried, however, about the "two I's" -- impotence and incontinence. My surgeon warned me that it could be two years before I knew whether my sexual function would fully return, and that the incontinence could take three months or so to clear up after the operation. I bought both Huddleston's CD and the companion book, and started listening to the CD two weeks before surgery. I listened twice a day, sometimes three times. I have had training in mindfulness and stress reduction before, so the techniques were not new to me. I found that the CD proceeds through the relaxation exercises a bit more quickly than I would have wanted, but, on the other hand, you get it done in less than 25 minutes and you can get on

with your day. Within three weeks after surgery I was back to 100 percent of sexual performance. In other words, it works just like it used to. This is really remarkable, if you read the literature on prostate surgery and impotence. Of course, it could be all due to my excellent surgeon, Dr. Jim Hu of Brigham and Womens in Boston, who used the Da Vinci robotic laparoscopic treatment, and spent extra time trying to preserve the nerves. However, there's little or no evidence that this type of surgery reduces side effects more than traditional surgery. And I'm sure some of the credit goes to my wonderful wife. I doubt my mating apparatus would work as well if I were single and trying to impress women I didn't know. However, let's give credit where credit is due. I bought this CD to increase my chances of a good recovery, and I hit the jackpot. I believe the incontinence problems are less than average too, but I don't have any real way to measure that. I would recommend the CD to anyone (and you've got to buy the paperback too, just to fully understand what she asks of you in the CD). I used it after surgery to deal with discomfort, and I continue to use it to relax and deal with everyday stress. At the very least, it will reduce your anxiety before surgery and help you deal with pain afterwards.

This CD has been very helpful. I used it leading up to my surgery, I had the "healing statements" read to me during surgery, and I used it in the hospital after my surgery when I was concerned or having trouble sleeping. Now that I am home from the hospital and healing very well, I find it helpful any time that I am experiencing anxiety. This was my second very long surgery (10-12 hours) in 2 years. I have also had several out patient surgeries in between these 2 big surgeries. My best experience coming out of the anesthesia was this last time after using this CD. I also read the book that goes with the CD. The book will give you information on the "healing statements" that are read to you during surgery, and a great deal of background information on staying positive and helping your body heal.

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