



Managing Your Medical Experience: The Information You Need

Elvira V. Lang

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The information you need to manage medical experiences to your best advantage - from scheduling an appointment through tests and treatment.

- Insight and tips for coping with specific medical situations.
- Background information to put issues in perspective.
- Proactive strategies and solutions to better prepare for surgery, dentistry, MRIs, endoscopies, angioplasties or any other medical encounters.

Plus, Comfort Talk techniques newly revitalized and adapted for personal use! The same techniques acclaimed internationally by major medical centers for fast, natural, safe relief of the stress and pain that can accompany medical tests and treatments have been carefully adapted for personal use to help you attain immediate relief when you need it - where you need it.

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