



# Peggy Huddleston's

## Prepare for Surgery, Heal Faster Workshops

---

Phone: (781) 864-2668  
www.HealFaster.com

I recommend  
Peggy Huddleston's book  
to all who require  
surgery and want to  
recover faster.

**Andrew T. Weil, M.D.**

Author, *8 Weeks to  
Optimum Health*  
Director, Program in  
Integrative Medicine  
University of Arizona

Should be in the  
hands of everyone  
having surgery.

From the foreword by  
**Christiane Northrup, M.D.**

Author, *Women's Bodies,  
Women's Wisdom*

Best book I have  
ever seen showing  
how to prepare for  
surgery — physically,  
emotionally and spiritually.

**Joan Borysenko, Ph.D.**

Author, *Minding the Body,  
Mending the Mind*  
Co-founder:  
*Mind/Body Clinic*  
*Beth Israel Deaconess  
Medical Center*

This book is a wise  
guide for anyone  
having surgery.

**Larry Dossey, M.D.**

Author, *Healing Words*

Would you like a free *Prepare for Surgery, Heal Faster Workshop*  
at Atlantic General Hospital?

You learn to use mind-body techniques to:

**\*Reduce anxiety before surgery**

**\*Use 23-50% less pain medication after surgery**

**\*Heal faster**

Peggy Huddleston, the author of *Prepare for Surgery, Heal Faster*, developed  
five steps to prepare for surgery using mind-body techniques.

Six healthcare professionals at Atlantic General Hospital have been  
trained by Peggy Huddleston to give this workshop to our patients.

To learn more, go to [www.HealFaster.com](http://www.HealFaster.com).

At the bottom on the homepage, you can listen to a radio interview from NPR  
with Peggy Huddleston. She explains her steps to prepare for surgery.

To read the research, peruse Chapter One and watch videos, click on  
the link "About the Book."

For more information or to arrange an individual workshop, call our office at  
(410) 641-9568.

Sincerely,

Angela Simmons, CRNP, CBN  
Bariatric Coordinator  
Atlantic General Bariatric Center

Atlantic General Bariatric Center  
10231 Old Ocean City Boulevard, Suite 207, Berlin, MD 21811