



101 Handy Hints for a Happy Hysterectomy

By Linda Parkinson-Hardman FRSA

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This invaluable book provides all the essential practical information, tips and advice that will help to make your hysterectomy a happy one. Perfect, whether you are waiting for a date or have already had your surgery, it removes many of the worries we have as we recover simply and easily.

It has masses of information, hints and tips on a huge number of subjects like:

- advice and suggestions to help make your recovery quicker and easier
- practical tips to help you cope with each stage of recovery
- when to think about driving, flying and getting back to work
- what you should, and shouldn't be doing at any given time
- fantastic, healthy recipes for healing the body and managing the menopause
- many complementary therapies, supplements and remedies you can try which have been shown to help your body heal itself
- what you can do to help ensure your long term health
- what to take into hospital with you

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Editorial Review

About the Author

Linda Parkinson-Hardman is the Founder and CEO of The Hysterectomy Association, the UK's leading organisation for women facing Hysterectomy.

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