



activlink® surgery partner™

Single CD With Five
Separate Hypnosis
Programs

Activlink Hypnosis Surgery Partner Robert Speigel

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| 1 Anchor Hypnosis |
| 2 Before Surgery Rehearsal |
| 3 During Surgery |
| 4 Recovery Room Wake Up |
| 5 After Surgery Healing |

Simple Instructions

1. Listen to the Anchor Hypnosis (track 1) whenever you need to relax
2. Listen to Before Surgery Rehearsal (track 2) once per day for the week before surgery
3. Ask your Anesthesiologist or Surgeon to let you listen to During Surgery (track 3) while you are having your procedure. Set your MP 3 player on to repeat for a long procedure.
4. Have someone play Wake Up (track 3) when you are moved to the recovery room. Have them set the track to repeat until you are fully awake.
5. Listen to the After Surgery Healing track (5) every day for two weeks after you go home



Robert Speigel has been an author, therapist, and teacher for over 40 years. He is a visionary inventor, holding three United States patents for bio-behavioral medical technology, and served as a two-time Principal Investigator for the National Institutes of Health. Rob holds a Bachelor of Science Degree in psychology from Wright State University (1970) and a Master of Social Work degree from the University of Michigan (1973). He is an Advanced Certified Hypnotherapist, and author of "Of Endings and Beginnings, A Memoir of Discovery and Transformation."



www.activlinkhypnosis.com

You are in Safe Hands



Robert B. Speigel
Advanced Certified Hypnotherapist



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Five Hypnosis Tracks

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