



## **Attention - How to Accelerate Your Body's Rate of Healing and Recovery**

Press release 6-25-05, Grapevine, TX: -- Registered Nurse writes a guided journal and workbook in her quest to empower individuals to become proactive participants in their health journey.

Mary Kraemer, R.N., has written *Healing is an Inside Job, How To Accelerate Your Body's Rate of Healing and Recovery, A Guided Journal and Workbook* because she wants to empower individuals to become active participants in their health journey.

She offers direction on 'setting the stage for healing', so individuals can experience a positive sense of well-being, as well as steps to expedite the healing and recovery process. Specific applications have been designed for injuries, medical procedures, and surgery.

She states, "I want you to know that we 'can' and 'do' influence the outcome of our health with the words we say, the thoughts we think, and our actions. We participate at both a conscious and unconscious level and influence our outcome. I also want to share with others steps towards cultivating body awareness as this is an essential aspect of accelerating the healing process."

"You will find that this body of work is oriented to wellness, not illness, and provides a multitude of mind-body connection and non-invasive healing techniques," says Mary, "As individuals proceed through the guided journal and workbook it will become a tool for cultivating positive emotional well-being."

### **Medical procedures, surgery, and injuries can be stressful and anxiety producing events for many reasons:**

- \* The unknown
- \* Pain
- \* Unfamiliar environments
- \* The outcome
- \* Trust
- \* Lack of information/education about the situation
- \* Loss of control
- \* Dependency on others
- \* Listening to others and basing your anticipated experience on those conversations

You will have the opportunity to learn and participate in many different self-healing exercises as well as a variety of pain-stress relief techniques. All of the techniques and exercises are interchangeable for an injury, surgery, or medical procedure.

After reading Mary's book, Lisa Ann McCall, BS, MS, author of, *The McCall Body Balance Method, Simple Concepts for Ageless Movement* had this to say, "The concept of preparing mentally, emotionally, physically, and spiritually for surgery is the missing link in the healing process for so many individuals. Our thoughts make such a profound effect on our health. This handbook Mary Kraemer has written could make a profound difference in how some one heals."

Details about the book, and a special offer that includes a complimentary 20-minute consultation valued at \$40, can be found on the World Wide Web at <http://www.healingisaninsidejob.com/introduction.htm>

**Sample questions you could ask**

- \* What exactly does the body do?
- \* What is the difference between a wellness vs. an illness approach to healing?
- \* Would you explain the mind-body connection?
- \* Why is it important to be proactive in ones approach to healing and recovery?
- \* Would you tell us about 'body awareness'?
- \* How do the 'words we say' and the 'thoughts we think' affect our body's response to healing?
- \* What tips can you give our listeners that would help them in setting the stage for healing?
- \* Why MUST change always happen on the "inside" before results occur outside?
- \* How does someone benefit from your help?

Contact: Mary C. Kraemer, R.N., RMT  
PO Box 2712  
Grapevine, TX 76099  
817-410-9133 or 888-214-5023  
availability - by phone, short notice or by appointment, CST  
Email: [mary@healingisaninsidejob.com](mailto:mary@healingisaninsidejob.com)  
URL: <http://www.healingisaninsidejob.com>