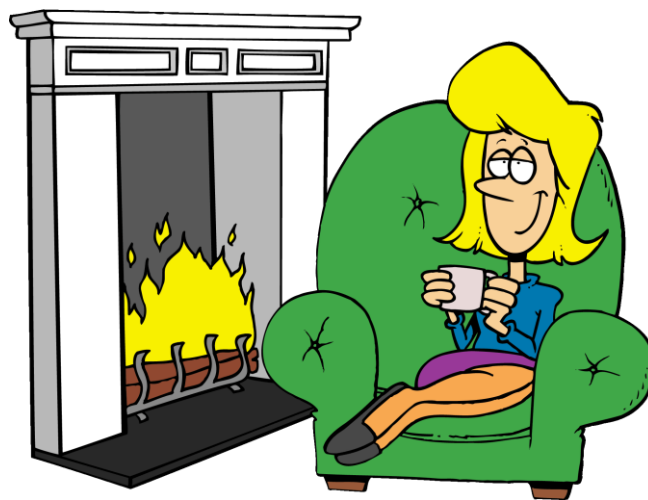


Sheila's Recommended **Gadgets & Gizmos**



For a Calmer Mind

by Sheila Martin

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Every effort has been made to make this eBook as complete and as accurate as possible up to the date of publication. However, there may be mistakes, both typographical and in content.

Therefore, this text should be used only as a general guide and not as the ultimate source of information about hysterectomies, surgical care, recovery from surgery, medical advice or any related topic.

Every woman's experience will be different, and your own doctor will be the one to direct and guide your care. You are responsible for contacting your own doctor with any and all questions and concerns.

The purpose of this eBook (and all related materials) is to share some resources the author has found before and since her own hysterectomy.

Some of the links in this eBook are what are called “affiliate” links. What this means is that if you make a purchase after clicking on one of these links, the author may receive a commission. This method of compensation for people who produce online content was popularized by Amazon. We will only recommend products and services that we sincerely believe to be of value. As with any purchase, you are responsible for doing your own due diligence.

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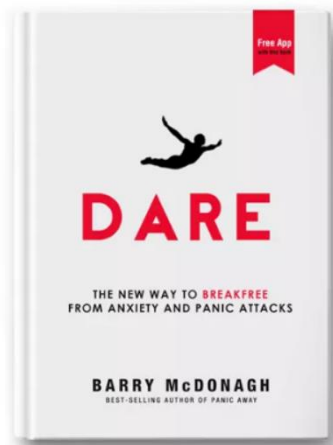
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Release Your Stress

DARE

■ ■ ■ ■ ■



Many years ago – okay, decades ago – when I began university, I experienced panic attacks for the first time in my life.

My mom had suffered from panic attacks from time to time and I knew that they had really limited her day-to-day activities, and caused a lot of misery.

In those days, the only thing my doctor could recommend was Valium. Sigh.

I was eventually able to control and then eliminate the attacks by using various relaxation techniques and self-hypnosis. But how I wish I'd had access to Resources like the [DARE: The New Way to End Anxiety and Stop Panic Attacks](#).

A big part of what makes this program so unique and effective – with over 250 five-star reviews on Amazon – is the speed of recovery.

The book also comes with a free App for your smartphone, as well as four audios for quick anxiety relief. With these new tools you can apply the DARE Response in any situation that makes you anxious (such as driving, shopping, traveling, or even preparing for surgery).

If you do decide to try the program, please do let me know how it works for you.

The Muse

The Muse: Brain-Sensing Headband

I'm nuts about [gadgets like this!](#)



From the blurb on the Amazon website:

- *Muse is your personal meditation assistant*
- *Sometimes your mind is calm and sometimes it's active. Muse will guide you to a calm mind*
- *Put on the Muse headband, put on your earbuds, start the app, and close your eyes. Immerse yourself within the sounds of a beach or rainforest.*
- *While you meditate, Muse measures whether your mind is calm or active, and translates that data into weathers sounds.*
- *When you're calm, you'll hear peaceful weather sounds. When your mind wanders, the weather will intensify, guiding you back to a calm state.*
- *After each session, review your data, set goals, and build a deeply rewarding meditation practice that gets better every time.*

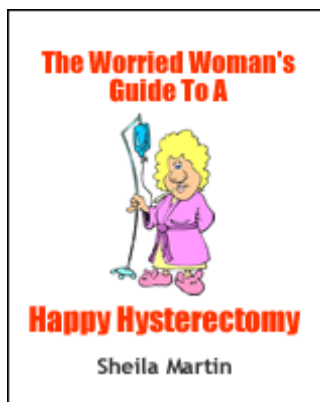
Haven't tried Muse yet, but it's definitely on my Wish List.

Thanks for Reading

If you haven't seen them already, here's where you can find out more about **The Worried Woman's Guide to a Happy Hysterectomy**:

- ▶ [Readers' Letters](#) (inspiring letters from women like you)
- ▶ The [Story Behind "Readers' Stories"](#)

[Click here to get your copy now!](#)



About Sheila

I live with my husband, Bob, and our Shichon puppy, Teddy, in beautiful Victoria, on Vancouver Island, British Columbia. (Or, as we like to say: “...on a small Island in the Pacific.”)



I hold an honours degree in sociology from Simon Fraser University, but my passion is for online publishing.

In 1986, my sister, Toni Alain and I, coauthored and self-published a cookbook called *Food from the Heart ... a special experience for two sisters*. Six years later, Toni died of a brain tumor.

My husband and I have published many print books and eBooks over the years. Our most recent projects are:

[Moving for Busy Women](#) – online video course, pretty printables, eBook

[Oh, Yes! Designs](#) – clothing and accessories with a positive message. For Dreamers & Doers. Creatives & Entrepreneurs.

[Oh, Wow! Decor](#) – beautiful artisan-made products for a warm and welcoming home.

And please join me on Instagram. I'd love to meet you there!

<https://www.instagram.com/ohyesdesigns/>