

November 25, 2004

Dear Reuben,

When I first came to you over a year ago, I did so because my daughter had weathered her surgeries, chemo and radiation for breast cancer so amazingly well under your care.

I was heading for a total knee replacement and was feeling more than a little anxious about the prospect of serious pain and a lengthy recovery. But, as I told you, my natural skepticism concerning the possible benefits of hypnotherapy had been lifted by my daughter's experience to a point where I could say, "What have I got to lose?" As it turned out, "nothing, and everything to gain."

I underwent a more extensive than usual surgery (five hours) with little blood loss (one unit) and what pain there was during my recovery was easily controlled. I stopped all pain medication altogether less than two weeks after surgery—all, I believe, testimony to the power of your work. Thank you for that and for your unfailing emotional support throughout.

Gratefully,

Lee Brand