

Dr. LH

January 22, 2003

Reuben P. Wolff
999 Sutter Street
San Francisco, CA 94109

Dear Reuben:

I am writing to thank you for the self-hypnosis tapes you created for me. The tapes were extremely helpful in the treatment and recovery from prostate cancer surgery. I have always believed in the power of positive thinking and the mind's ability to influence the outcome of illness. Your tapes, which were customized to my particular illness and surgical procedure, were detailed at level I would only expect of a physician or highly trained qualified professional with a full understanding of what is involved. The tape emphasized the mind-body-spirit interaction, which gave me a positive outlook prior to and after my radical peri-pubic prostatectomy. I was very impressed by your detailed understanding of the operation, bleeding concerns, lymph node dissection, need for preservation of the neurovascular bundles (nerves) and other components of the procedure.

Your tape helped me relax (I was able to have procedure without general anesthesia) and focus on minimizing the bleeding during the operative procedure (confirmed by the surgeon), as well as the preservation of urinary and erectile functions. The tape was also helpful in assisting me in minimizing nausea and pain (no analgesics needed). In the final analysis, (typical) hospitalization was expected to be four days (for a less complicated procedure), but I was discharged after two days without any complications. My recovery and return to work was rapid. I have been able to work part-time at two weeks and full time after a month.

I do not believe my course would have been as good without the valuable self-help tool you provided. I am an interventional cardiologist for many years and have always believed the mind is a powerful factor in achieving health. Your tool reinforces that view.

I remain eternally grateful,

Dr. LH