

Monday, May 20, 2002

To whom it may concern,

This letter is to attest to the wonderful help provided to me by Andrea Strom.

In June of 1998, I underwent a very invasive surgical procedure. My parents were worried about the possibility of complications if I was to have general anesthesia and so the surgery was to be performed under local anesthetic with sedation. Because I would be conscious during the surgery, and due to my low tolerance for pain, I was worried that it would be a very traumatic experience.

However, a few days before I was to have the surgery, Andrea taught me some basic methods of minimizing stress and pain, which I could do prior to and during the surgery. Even though it wasn't even a complete meditation course, the few skills that she taught me were incredibly effective. My parents were amazed at how calm I was before the operation, as were the surgeons during the surgery. In addition, the recovery period was much less arduous, and I was fully recovered much sooner than the doctors had predicted.

Since then, all of the minor things, such as vaccinations, aren't as anxiety inducing, as they had been prior to Andrea's help. I even practice these skills during final exams and oral presentations, since the anxiety I used to experience, and which interfered with my performance, is now easily eliminated.

I wholeheartedly recommend Andrea's services to anyone who either preparing for a potentially stressful situation or who would simply like to learn how to gain better composure in her/his everyday life.

Sincerely,


L. Hallis