



# Shoulder Surgery Recovery: Over 100 Tips and Strategies to Make it Much Easier

*Anne Talmage Cooksey*

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Are you or someone you know thinking about having shoulder surgery? Are you at the end of your rope trying to figure out how you are supposed to manage during the long months of recovery? Here's great news! This book is chock full of tips and strategies to help you navigate through all the different phases of recovery. You'll learn everything from where to sleep to how to dress yourself with only one hand without falling over! Learn how to work smarter, not harder during your own unique recovery. Find ways to be more compassionate with yourself and your progress as you move through each phase of the journey. You may find your shoulder surgery recovery time more rewarding than you dreamed possible!

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