



Losing the Woman Within

Linda Parkinson-Hardman

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Losing the Woman Within explores the emotional impact that a hysterectomy may have on a woman; on her sense of self and her significant relationships. It covers the things that can create emotional distress after surgery, the types of emotions a hysterectomy can invoke and the effects these can have on such things as sexuality. It then goes on to offer simple suggestions to help a woman manage if it does occur. And throughout it is illustrated with the authors own story. It can also be used as a personal journal and has a number of activities included within it that may help someone suffering after a hysterectomy come to terms with their experience and move on in a more peaceful and self accepting way.

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