

The Wellness Training Center

## How to Hold a Two Inch Needle and Still Make a Child Smile

**An award-winning nurse cracks the code on deflecting the terror that children feel when facing scary and often painful medical procedures.**

A nine-year-old boy in the emergency room was overly anxious about the intravenous line that needed to be inserted in his arm.

As a team of nurses huddled and discussed how best to do it, nurse Rob Luka quietly approached the boy and said, "Just a little pinch." The needle went in without a sound from the boy.

In his award-winning book, ***Fearless Medicine, Helping Children and Adults Overcome Fear in a Medical Setting: A Guide for Healthcare Professionals***, Luka draws on his 30 years of nursing experience to tell parents and health professionals alike how to calm a child who is facing medical treatment.

Luka's methods are based in both science and spirit - the end must be medically successful, but the means to that end uses the tools of the heart and mind.

In each chapter, Luka breaks down the psychology of fear using parable and his own critically acclaimed methodology, showing you:

- **Top 10 techniques you can learn to prevent fear of doctors.**
- **How the Law of Expectations can be used to redirect fear into empowerment.**
- **Are the words you're using helping to create more fear in you and your children?**
- **How to use body postures to reduce fear without saying a word-the secrets of non-verbal communication.**

Dedicated to helping all medical professionals find the playful, cooperative spirit in children in spite of the fear that can permeate a medical setting, ***Fearless Medicine*** is the the first step to learning the art.

**Award winning finalist  
Health Medical Reference Category  
in USA BOOK NEWS**

**And Silver Medalist in GLOBAL E-BOOK AWARDS**

***"...A vital tool for those who deal with children in fear...a must-read for parents and caregivers, and for all those who set up the institutions of healing."***

—Olson Huff, MD, American Academy of Pediatrics

***"Anyone with children in their lives would benefit greatly from this book...it empowers each of us to...reach within ourselves and bring the children we work with into a positive experience."***

—Cindy P. Spillers, MS, RD, CDE

**Online Training and CEU's available at [FearlessMedicine.com](http://FearlessMedicine.com)**

**About Rob Luka, RN, CDE, CHt:**

**Robert Luka** received an RN degree from the Millard Fillmore School of Nursing in Buffalo, NY in 1977. He is actively involved in teaching newly diagnosed children with type 1 diabetes injection and blood testing skills. He speaks and consults to hospitals, nursing and healthcare organizations.



### ***Fearless Medicine Helping Children and Adults Overcome Fear in a Medical Setting***

***A Guide for Healthcare  
Professionals***

**by Rob Luka, RN**

**amazon**  
Top Ten Best Seller

**Softcover  
\$12.95**

**ISBN: 978-0-9794516-1-4**

**Available from:  
[www.RobLuka.com](http://www.RobLuka.com)  
or  
[Amazon.com](http://Amazon.com)**

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