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Restful Insomnia: How to Get the Benefits of Sleep Even When You Can't

By Sondra Kornblatt, Teresa E. Jacobs

Conari Press, U.S. Paperback. Book Condition: new. BRAND NEW, Restful Insomnia: How to Get the Benefits of Sleep Even When You Can't, Sondra Kornblatt, Teresa E. Jacobs, Tonight, millions of us will battle insomnia. We will plump pillows, rehash arguments, fold laundry, take sleeping pills, and watch TV. They'll seek sleep but not find it. According to the National Sleep Foundation in the States, up to a third of all Americans suffer from occasional or chronic wakefulness. Prescriptions for sleeping pills have increased 60 per cent in six years, even though recent medical research (Journal of American Medicine, June 2006) shows that behavioural therapies such as Restful Insomnia are more effective for sleeplessness than pills. "The Restful Insomnia" five-part programme is easy to make a part of each night's rest by offering techniques that help the sleep-deprived to accept insomnia, befriend the night, and greet the morning refreshed. "Restful Insomnia" shows readers how to end the war with sleeplessness by learning to use their waking night hours to quiet the mind, replenish their inner creativity, and relax deeply - deriving many benefits of sleep.



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