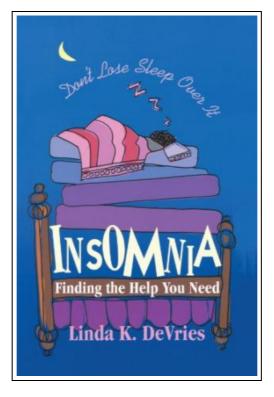
## Insomnia: Don t Lose Sleep Over It.Find the Help You Need



Filesize: 5.72 MB

## Reviews

An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throgh studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Josefina Yundt)

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Shaw (Harold) Publishers, U.S., United States, 2000. Paperback. Book Condition: New. 211 x 135 mm. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. More than 130 million American adults have sleep-related problems. If you or someone you love is one of them, you know how monstrous insomnia can be. But there s hope! Linda DeVries offers up-to-date information about the cuases and treatments of sleep disorders. There are self-tests to help you identify the physical and emotional factors contributing to your insomnia and loads of tips for sleeping better. Find out: -what type of insomnia you have-how much sleep you really need-what kind of environment is most conducive to sleep-how a spiritual connection can make a difference-when professional help may be needed-how to help a sleepless child or spouse What you read here will help take the dread out of going to bed.



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