



Dream: 10 Minutes a Night and Turn Out the Light (Paperback)

By Cher Kaufmann

WW Norton Co, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. A good night's rest is the key to health and productivity. Yet millions of people lie awake struggling to get to sleep. The mind races, the body tenses, and the opportunity for peace stays out of touch. Until now. Coloring is turning out to be more than a passing trend-it really does calm the brain, which in turn relaxes the body, making it easier to float off into dreamland. It's also a low-tech option that requires only a book of simple illustrations and a few colored pencils or markers. Research shows that reaching for a screen can overstimulate the mind. It's time to set the phone aside and look to more natural solutions. In this unique collection of soothing drawings and patterns to color, easy meditations, and serene sayings-made to color and internalize-readers will be lulled into sleep. Ironically, the idea of having to color in an entire drawing can be stressful in and of itself, so the pages of Dream are designed to take less than ten minutes to complete. Printed on heavy paper, with perforations for easy tear-out pages, the...



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