



Say Goodnight to Insomnia: A Drug-free Programme Developed at Harvard Medical School

By Gregg D. Jacobs

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Say Goodnight to Insomnia: A Drug-free Programme Developed at Harvard Medical School, Gregg D. Jacobs, In a user-friendly, practical, organised fashion, Dr Jacobs guides you through a six-week programme for overcoming insomnia. His programme is proven to improve sleep in 100 per cent of insomniacs, allow 90 per cent to reduce or eliminate their use of sleeping pills and help 75 per cent become normal sleepers. The programme provides techniques for: * establishing sleep-promoting habits and lifestyle practices * changing negative, stressful thoughts about sleep * implementing relaxation and stress-reduction techniques The book features scientifically proven methods for achieving greater mind-body control to improve not only sleep but also overall health and wellbeing. This is more than just a book about sleep; it is a book about improving yourself and your life.

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