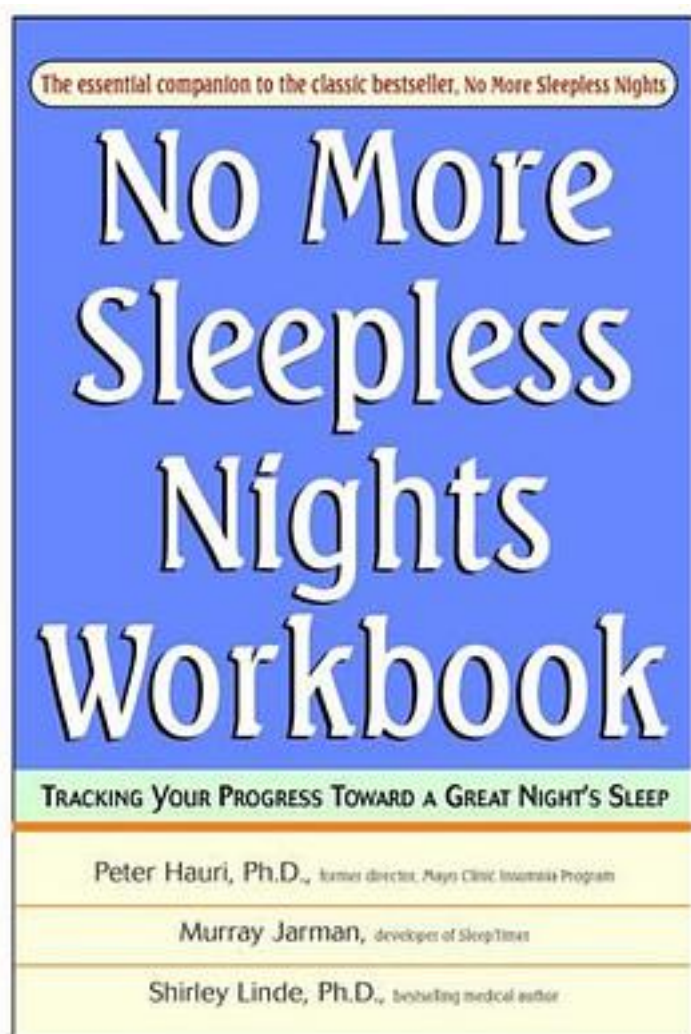


No More Sleepless Nights Workbook



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Praise for No More Sleepless Nights

"The best book this reviewer has seen on insomnia."-Library Journal

"Nearly everything you always wanted to know about sleep and what can go wrong with it . . . with step-by-step suggestions."-Publishers Weekly

Give yourself a good night's rest If you suffer from poor sleep, help is in your hands--literally. In this sensible, simple-to-follow workbook, based on the acclaimed No More Sleepless Nights program, one of the world's leading insomnia experts gives you the tools to be your own sleep therapist. Filled with interactive quizzes, sleep logs, and self-evaluation exercises, which may be used in conjunction with the patented Sleep Timer, the workbook will help you uncover the underlying cause of your own sleep problem, and then put together a personalized action plan for getting a good night's rest.

With advice on improving sleep hygiene and diet, the right exercise, relaxation techniques, and more, No More Sleepless Nights Workbook helps you conquer your own poor sleep right now. More importantly, it equips you to beat it again if it ever returns to disturb your dreams. Visit us on the Web at Sleepplace.com

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