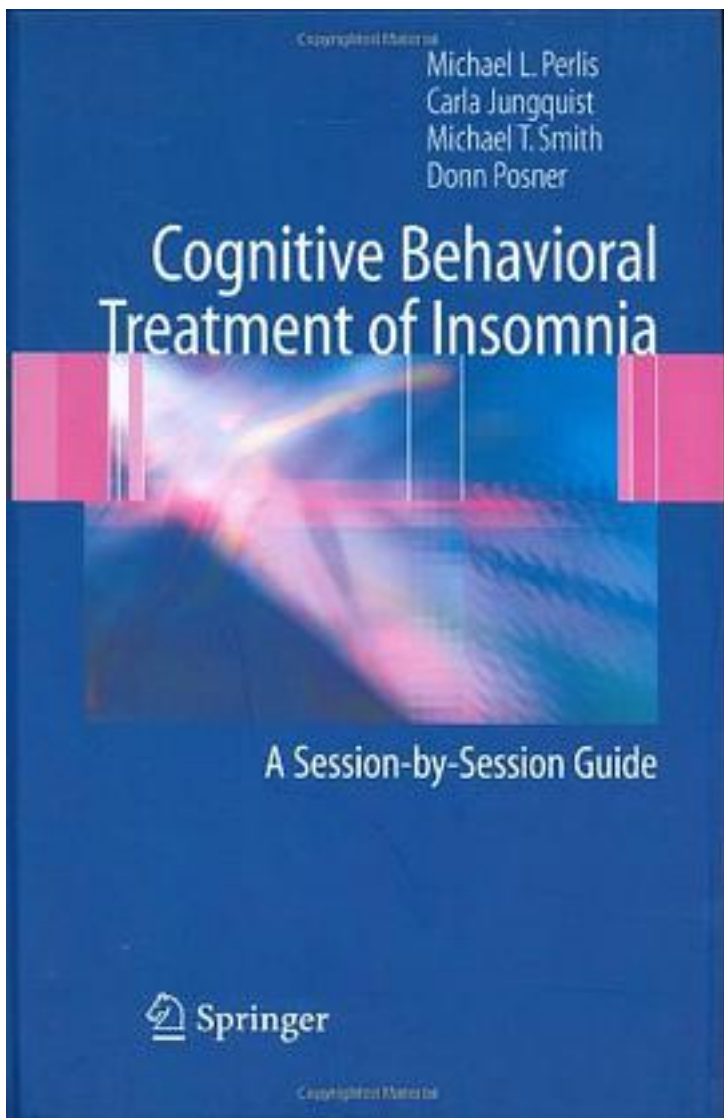


# The Cognitive Behavioral Treatment of Insomnia



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\* CBT is a new, increasingly popular method of treatment that provides measurable results and is therefore reimbursed by insurance companies \* Title is ahead of the curve, there's no competition \* Concise, practical manual \* Contains reader-friendly, role-playing exercises to apply to daily practice

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