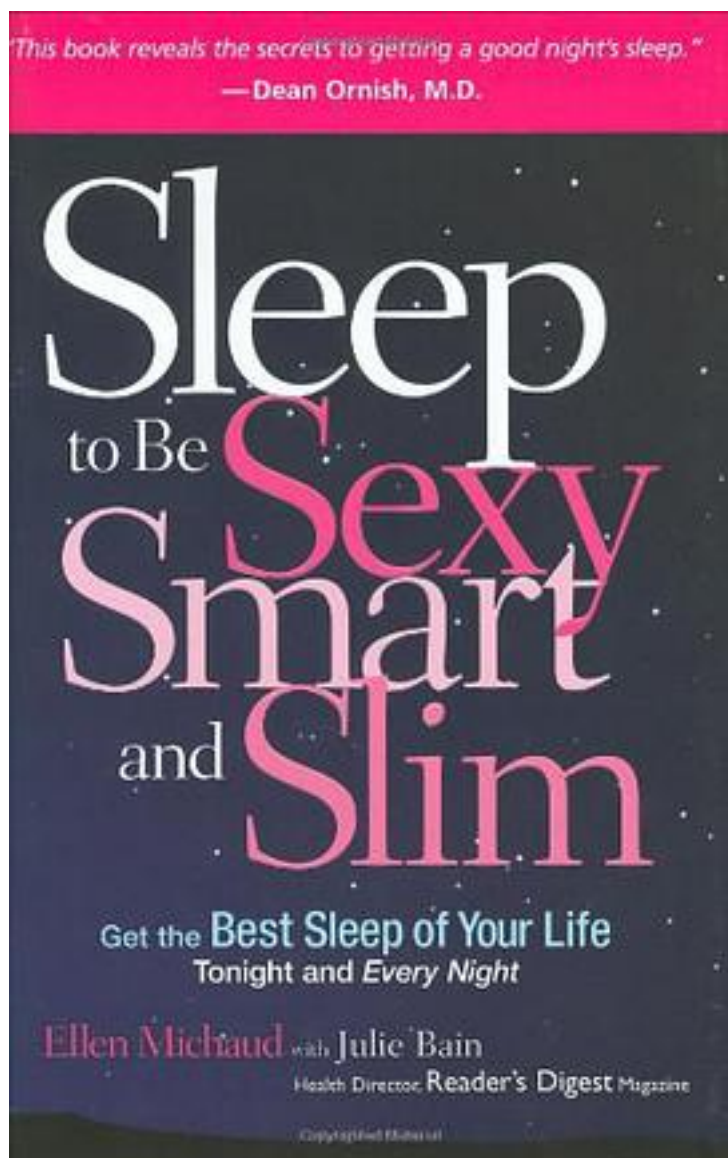


Sleep to be Sexy, Smart and Slim



[Sleep to be Sexy, Smart and Slim_ 下载链接1](#)

著者:Michaud, Ellen/ Bain, Julie (CON)/ Esther, Mary Susan, M.D. (FRW)

出版者:

出版时间:2008-5

装帧:

isbn:9780762109319

How often do you wake up in the morning tired and grumpy after a bad night's sleep? It's not just you, it's modern living playing havoc with our sleep. Getting to sleep and staying asleep is much harder than it sounds. But with "Sleep to be Sexy, Smart and Slim" to help you, this can all change. With the expert guidance contained in this book, you will soon find out about the way that you sleep and the common problems that can disrupt your sleep. Once you are armed with this information, you can choose from the hundreds of solutions, tips and strategies on offer and find a tailor-made solution to your sleep challenges. And the knock-on effect is that a good night's sleep will make you happier, healthier and more mentally alert. With real-life stories of people who have faced their 'sleep demons', up-to-date medical advice, and a thorough breakdown of medical treatments, both what works and what doesn't, you will soon discover the secret to getting a good night's sleep and you will feel sexier, smarter and slimmer into the bargain.

作者介绍:

目录:

[Sleep to be Sexy, Smart and Slim_ 下载链接1](#)

标签

评论

[Sleep to be Sexy, Smart and Slim_ 下载链接1](#)

书评

[Sleep to be Sexy, Smart and Slim_下载链接1](#)