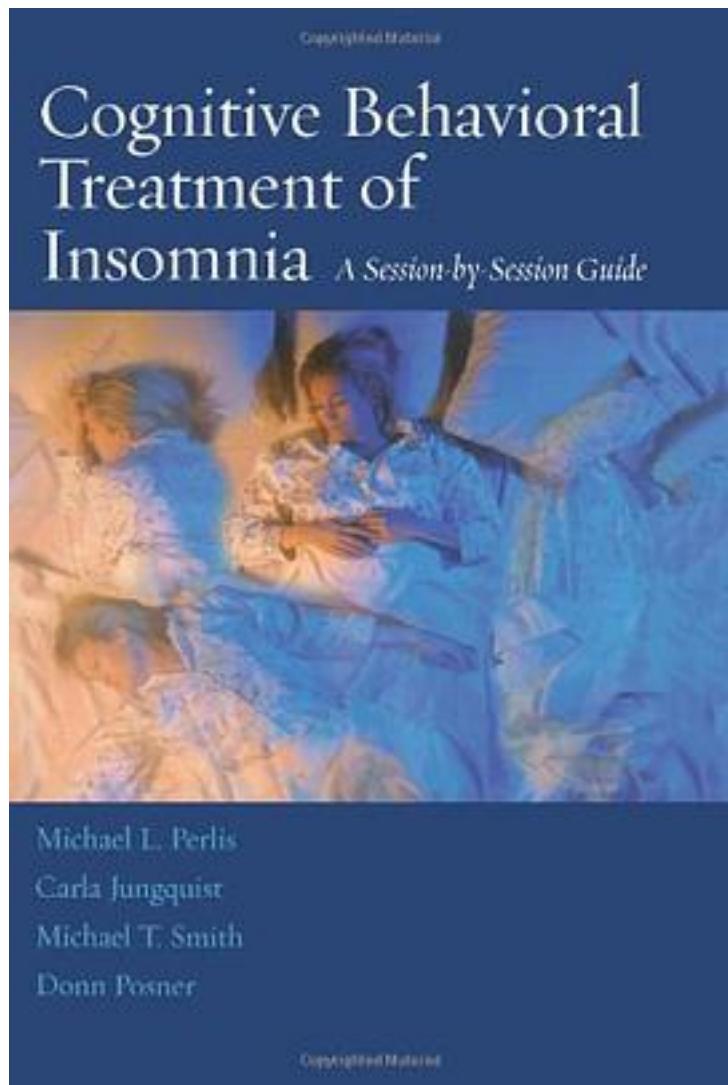


Cognitive Behavioral Treatment of Insomnia



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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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