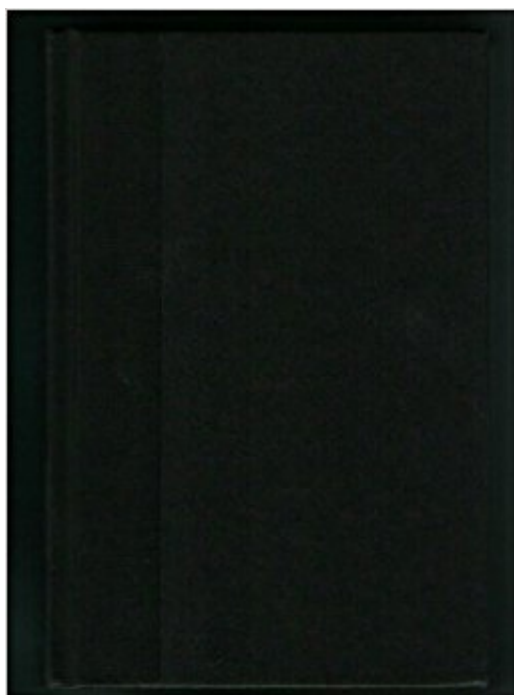


The book was found

Sleep Right In Five Nights: A Clear And Effective Guide For Conquering Insomnia



Synopsis

A psychologist and sleep specialist reviews new research into insomnia disorders and provides self-diagnostic tips, sleep-inducing techniques, and evaluations of available medicines. 35,000 first printing. \$15,000 ad/promo.

Book Information

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Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 2 customer reviews

Best Sellers Rank: #679,418 in Books (See Top 100 in Books) #299 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

Thorough and practical guidance for the sleep-challenged.

I was having a terrible time with insomnia in 1994/5. I read every article I could find, and several books. All suggested about the same "sleep hygiene" methods of sleeping better. Finally I found this book which discussed better attitudes towards sleep, and what worked for me...temporary sleep deprivation, and I haven't had much of a problem since. I've recommended it to others, and most of them were helped too.

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Solution, Book 3) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) Five Nights at Freddy's: The Silver Eyes: Five Nights at Freddy's, Book 1 The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems The Insomnia Solution: How to treat and cure your insomnia for life! Clear Home, Clear Heart: Learn to Clear the Energy of People & Places The Natural Baby Sleep Solution: Use Your Child's Internal Sleep Rhythms for Better Nights and Naps The Gift of Sleep: Teach your baby to sleep in three nights End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life! Book and CD

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