

Sleep Secrets: Switch Off Your Brain, Sleep Better and Feel Refreshed in 9 Easy Steps (Paperback)



Filesize: 5.3 MB

Reviews

Complete guideline! Its this kind of good read. It can be writter in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.

(Bill Klein)

SLEEP SECRETS: SWITCH OFF YOUR BRAIN, SLEEP BETTER AND FEEL REFRESHED IN 9 EASY STEPS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Sleep Secrets, you will finally learn just how to switch off your mind, sleep better and wake up feeling refreshed, using the helpful action plan at the end of each chapter. There is no need to continue staring at the ceiling night after night after using these powerful steps and strategies to a better night's sleep. Make the Change, let today be the day you finally sleep soundly and say no to nights of insomnia! Here are some of the great things you will learn and do: What is insomnia and how is it caused? The Insomniac's checklist Nine simple steps in completely preparing you for sleep An easy to follow action guide Creating a personalized sleep log With the hustle and bustle of modern day living, the stress of a fast paced life is taking its toll on more and more people. Sleepless nights are a common and very real side effect of an overly busy mind, and can have devastating effects if not treated soon enough. To make it worse, the less we sleep, the more frustrated we get with not being able to sleep, creating a vicious cycle. I was there, for months I suffered from such severe insomnia that eventually I was sleeping 20 minutes a night. This continual struggle prompted me to document my experiences, frustrations and ultimate solutions to help others out there suffering the way that I suffered. In Sleep Secrets: Switch off your brain, sleep better, and feel refreshed in just 9 easy steps. You will get a grip on what it means to create an external and internal sleep environment tailored to your own situation, that not only...



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