



Learn to Sleep Well: Get to Sleep and Stay Asleep * Overcome Sleep Problems * Revitalise Body and Mind

By Christopher Idzikowski

Watkins Publishing. Paperback. Condition: new. BRAND NEW, Learn to Sleep Well: Get to Sleep and Stay Asleep * Overcome Sleep Problems * Revitalise Body and Mind, Christopher Idzikowski, Learn to Sleep Well is the indispensable open sesame to the secrets of sleep. By showing us how to combat tiredness, insomnia, nightmares, snoring and children's sleeping difficulties, and by using a wealth of practical exercises and techniques, the renowned sleep expert Chris Idzikowski sets us on a sure path to a good night's sleep, leading to greater energy at home, at work and at play.



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