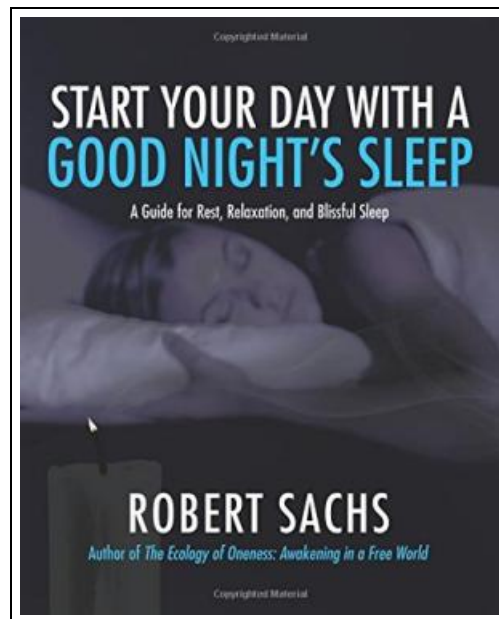


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iUniverse, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Through his training as a clinical social worker, massage therapist, yoga teacher, and student of Tibetan Buddhism, Robert Sachs has studied and learned to master and teach forms of meditation, biofeedback, progressive relaxation, and yoga. His appreciation for the value of sleep and deep rest is the inspiration behind Start Your Day with a Good Night s Sleep. This is a book devoted to quality rest and sleep, written by one of today s leading holistic health therapists and educators. Like many of Robert s books, it is practical, designed as a guidebook to address the sleeplessness, agitation, and insomnia that have reached epidemic proportions in modern times. Learn: - how to create the perfect sleep environment; - the importance of sleep apparel; - times of day that are optimal for sleep; - why your sleep patterns change over time; and - simple exercises to overcome sleeplessness and insomnia. Robert s book has so much to offer to those struggling for fruitful sleep. Through simple exercise, master mental and physical techniques and exercises to promote a rested, relaxed state of mind and body every day--all day--and learn how to create the best possible environment for deep, rejuvenating sleep. Your body, mind, and spirit will thank you.

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