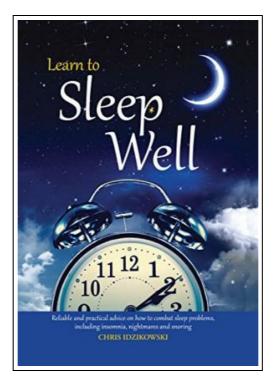
Learn to Sleep Well: Get to Sleep, Stay Asleep, Overcome Sleep Problems, and Revitalize Your Body and Mind (Hardback)



Filesize: 4.9 MB

Reviews

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(Mr. Norval Reilly V)

LEARN TO SLEEP WELL: GET TO SLEEP, STAY ASLEEP, OVERCOME SLEEP PROBLEMS, AND REVITALIZE YOUR BODY AND MIND (HARDBACK)



Chartwell Books, 2016. Hardback. Condition: New. Language: English. Brand New Book. We spend a third of our lives of our lives asleep, and this book will teach you how to enjoy it to its fullest. Sleep gives us far more than rest, under the right circumstances sleep will refresh and bring forth a new alertness with each new day. Sleep is the essential fuel that drives us through the day. With this handy guide, you can learn the tactics you need to get yourself to sleep faster and enjoy a deeper sleep. Understand your sleep and learn how to be adaptable to your fluctuating needs. Through careful examination of your sleep environment and lifestyle, Dr. Chris Idzikowski uses his 30 years of experience to give reliable advice on combating the most common sleep problems. Topics included are insomnia, nightmares, snoring, and sleeping difficulties for people of all ages. There are 20 specially devised exercises to help you drift off into a blissful sleep naturally. Remedies employ meditation, massage, herbalism, aromatherapy, and other soothing ways to help you get a deeper sleep. This is the perfect guide to improve your physical and mental wellbeing through a higher quality of sleep.

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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ****** Print on Demand ******.Mr. George Smith, a children's book author, has been...

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SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English. Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts...

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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