



Sound Sleep, Sound Mind: 7 Keys to Sleeping Through the Night (Hardback)

By Barry Krakow

Turner Publishing Company, United States, 2007. Hardback. Book Condition: New. 239 x 160 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you lie awake each night tossing and turning, trying to fall asleep or stay asleep? Are you tired of the quick-fix, over-the-counter, or prescription drug remedies that promise more than they deliver? If you re one of the millions who struggle with sleepless nights, you need to know that most people with insomnia or other sleep difficulties never receive the treatment that could finally put their problems to rest. Now, one of the nation s pioneering sleep specialists, Dr. Barry Krakow, shares his unique seven-step program that targets the mental, emotional, and physical causes of your sleep problems. Using the combined natural and high-tech mind-body approach designed, personally tested, and used by Dr. Krakow himself, you will learn how to get the quality sleep you need and the rest you deserve. Based on scientific research and clinical expertise, Dr. Krakow s Sleep Dynamic Therapy program will forever transform the way you think and feel about insomnia or poor sleep. At its core, Sleep Dynamic Therapy explains how the mind and body conspire to wreak havoc...

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