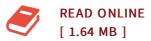




Sleeping Well: The Drug-free Way (Paperback)

By Beth MacEoin

Wellhouse Publishing Ltd, United Kingdom, 2003. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Good, restful, sleep is an important part of your total health, sufferers from sleep problems would give a lot for a good night s rest. There is no uniform pattern to sleep problems, a great deal depends on an individual s make-up. A poor night s sleep is often due to the fast, stressful pace of life that has now become normal, positive steps to manage stress need to be developed or a tense, wound-up state of mind results. Sleep problems include difficulties in switching off, frequent waking and a sense of being unrefreshed on waking. Other contributory factors include overreliance on caffeine, alcohol or chemical sedatives to help us unwind. Bad working habits play a large part in preventing sound sleep. These can slowly creep up on us until they reach a problematic level before we realise that something must be done to rectify the situation. Why are we surprised that we find it difficult to switch off when trying to sleep? This book contains positive strategies to solve these problems and break the negative cycle. The major systems of alternative medicine...



Reviews

A must buy book if you need to adding benefit. It can be rally fascinating through studying period of time. I am just happy to explain how this is the very best ebook i actually have read within my individual existence and could be he finest book for ever.

-- Cydney Hand

Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Pasquale Klocko

See Also



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



Good Night, Zombie Scary Tales

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in. Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isnt just any...



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to sharpen their skills and don t mind...



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...