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I Want to Sleep: Unlearning Insomnia - Treat Yourself to a Good Night (Paperback)

By Siegfried Haug

Outskirts Press, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Treat Yourself to a Good Night s Sleep I Want to Sleep is an invitation to make peace with sleep rather than war on insomnia. When an estimated 76 percent of American adults use medications for troubled sleeping, and over 20 percent (the majority women) suffer from chronic insomnia, this book offers a fresh and promising perspective. Studies show that sleeplessness rarely is pathological in itself. It is a symptom caused by stress. Dr. Haug, a veteran psychotherapist, takes us one step deeper: Insomnia is not necessarily caused by stressful circumstances, but by how we handle them. During the day we may forge ahead using pressure. For sleeping at night, however, this proves to be the most counterproductive approach of all. If you habitually force performance by scaring yourself, insomnia might well be a needed wake-up call. Using real case studies and step-by-step guidance, Dr. Haug illustrates how to embrace sleep, rather than fight sleeplessness. Unlearning insomnia means changing your allegiance from being wired to being tired. I Want to Sleep is a practical, necessary, and engaging book. It is a hopeful...



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Reviews

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