



The Sleep Book: How to Sleep Well Every Night

Dr. Guy Meadows

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Say Goodbye to Insomnia – The highly Effective 5 Week, Drug-free Plan Sleep shouldn't be a struggle, but for a third of the population the nightly pattern of tossing, turning and that gnawing frustration is a regular occurrence. The Sleep Book's revolutionary five week plan now means that this will be a thing of the past. Using a blend of mindfulness and new Acceptance and Commitment Therapy (ACT) techniques, Dr Guy shares his unique five week plan to cure your problems whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem. Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. . . . as the more frustrated you become with sleeplessness the further sleep is pushed away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia remedy is now here in this book. Say goodbye to the vicious cycle of sleepless nights by retraining your brain to sleep. Sleep well and restore the quality of life you deserve – for good.

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