



You Can Sleep Well: Change Your Thinking, Change Your Life

By Christopher Idzikowski

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Sleep Well: Change Your Thinking, Change Your Life, Christopher Idzikowski, A healthy night's sleep is vital to your mental, physical and emotional well-being. But so many of us are struggling to switch off at night - whether we're worrying about money, anxious about a big meeting at work, or fretting over the performance of our football team. With more than 20 years of experience in sleep-related disorders, Professor Chris Idzikowski shares his tried-and-tested, practical advice on how to combat your sleep problems. Banish insomnia, nightmares and snoring with the leading expert's 20 specially devised step-by-step exercises to help you enjoy a good night's rest, giving you greater energy at home, at work and at play.



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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**

This created book is wonderful. This is for all those who state that there was not a worth reading. Your way of life span will likely be enhanced as soon as you comprehensively look at this publication.

-- **Jesse Yundt**