

Tired But Wired - Nerina Ramlakhan

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A groundbreaking book about getting good sleep and having the energy to deal with the pressures of life in the 21st century. Delivering its message in a practical and accessible way and based on the authors experience of insomnia, her academic background and experience of working with thousands of patients with sleep problems. This book explains the mysterious process of sleep while dispelling some of the common myths about it. The second part of the book, the Sleep Toolkit, offers practical and effective techniques for solving sleep problems and improving the quality of sleep. Author: Ramlakhan, Nerina Publisher: Souvenir Press Illustration: N Language: ENG Title: Tired But Wired Pages: 00240 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2011-01-02 SKU-13/ISBN: 9780285638778 Category: Health & Fitness : Food Content Guides

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