

Overcoming Insomnia And Sleep Problems - Colin Espie

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Extensive research conducted over 25 years has established Cognitive Behavioural Therapy (CBT) as the treatment of choice for insomnia. For the first time, proven CBT principles have been brought together by a practising clinician in a comprehensive self-help manual. In a clear step-by-step approach, new patterns of relaxation, sleeping and waking are quickly learnt. Author: Espie, Colin Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Insomnia and Sleep Problems Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105769 Category: Medical : General

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