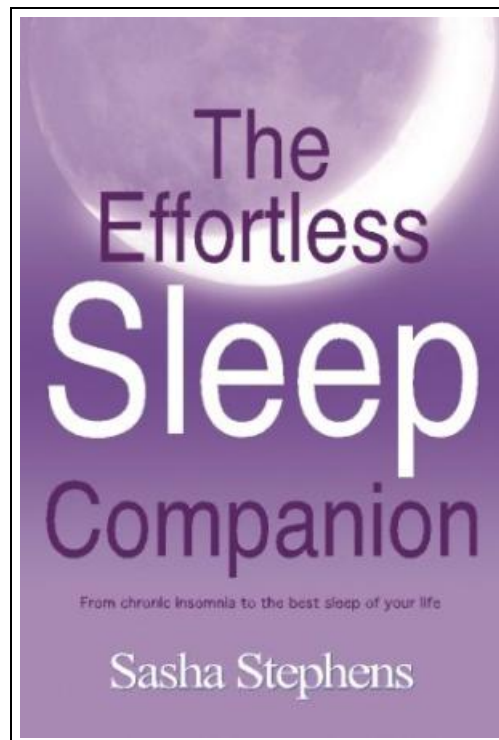


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Dark Moon Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A potential life-saver for sufferers of chronic insomnia, this is the long-awaited follow up to The Effortless Sleep Method, Sasha Stephens ground-breaking first book. The Effortless Sleep Method changed the lives of thousands of insomniacs by exposing a simple and long-term solution for chronic sleep problems. In The Effortless Sleep Companion, her most advanced work to date, this world-renowned sleep therapist takes insomnia recovery to the next level. This is a concise, precisely-targeted book, written to teach you all you ever wanted to know about chronic insomnia and how to beat it, permanently. In this book, you will discover. Why you have insomnia in the first place What to do about obsessive thoughts How to cope with relapses What to do when fear of not sleeping keeps you awake What to do about waking with a start, just as you were about to fall asleep How to go from being an okay sleeper, to a being really great sleeper Do you have these sorts of unwanted thoughts about sleep? I m just a bad sleeper Sleep aids and sleeping pills don t work for me I ll never get better My sleep mechanism is broken My insomnia is incurable Then this book is for you. The Effortless Sleep Companion is written both for the newcomer, and for those who have already made progress with her previous book. In her usual chatty, approachable style, Sasha uses an engaging question-and-answer format to cover every conceivable question about recovering from chronic insomnia. With an acute understanding of the thought processes that go on in the minds of chronic insomniacs, Sasha seems to speak personally to the reader, connecting in the way only an...



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