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The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need is an all-encompassing

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insomnia workbook to learn about each aspect of CBTi, as well as the lifestyle factors that may be influencing sleep. Readers begin by filling out a comprehensive questionnaire about their sleeping habits and pertinent medical history, and then

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The Insomnia Answer is a book that provides personalized answers to a variety of different sleep problems. Unlike the Say Good Night to Insomnia, this one is laid out like a reference book with each chapter targeting a specific area.

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The Post-Traumatic Insomnia Workbook: A Step-by-Step Program for Overcoming Sleep Problems After Trauma [Karin Elorriaga Thompson, C. Laurel Franklin] on Amazon.com. *FREE* shipping on qualifying offers. Difficult and traumatic life experiences affect our lives in unexpected ways and can even change the way we sleep.

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