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QUIET YOUR MIND AND GET TO SLEEP: SOLUTIONS TO INSOMNIA FOR THOSE WITH DEPRESSION, ANXIETY, OR CHRONIC PAIN



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety, or Chronic Pain, Colleen Carney, Rachel Manber, Insomnia usually appears in the presence of at least one other disorder. Particularly common co-occurring conditions include major depression, generalized anxiety, attention deficit/hyperactivity in children, and chronic pain. In sleep clinics, insomnia patients with co-occurring psychological disorders outnumber those with only insomnia two-to-one yet there are no books currently...

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- Authored by Colleen Carney, Rachel Manber
- Released at -



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Reviews

A brand new e book with an all new perspective. It can be rally fascinating throgh reading period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Kobe Streich I**

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-- **Lane Langworth III**

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