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You Can Sleep Well: Change Your Thinking, Change Your Life

By Christopher Idzikowski

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Sleep Well: Change Your Thinking, Change Your Life, Christopher Idzikowski, A healthy night's sleep is vital to your mental, physical and emotional well-being. But so many of us are struggling to switch off at night - whether we're worrying about money, anxious about a big meeting at work, or fretting over the performance of our football team. With more than 20 years of experience in sleep-related disorders, Professor Chris Idzikowski shares his tried-and-tested, practical advice on how to combat your sleep problems. Banish insomnia, nightmares and snoring with the leading expert's 20 specially devised step-by-step exercises to help you enjoy a good night's rest, giving you greater energy at home, at work and at play.



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