

Insomniac Gayle Greene

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Insomniac Gayle Greene

Insomniac. In this revelatory book, Gayle Greene offers a uniquely comprehensive account of this devastating and little-understood condition. She has traveled the world in a quest for answers, interviewing neurologists, sleep researchers, doctors, psychotherapists, and insomniacs of all sorts.

Insomniac by Gayle Greene - Goodreads

Gayle Greene's "Insomniac" is the only mainstream book that takes insomnia--and more importantly, insomniacs--seriously. It is NOT another one of those manuals with idiotic clichéd advice, such as "Don't drink coffee after 5pm;" "Drink hot milk before going to bed;" and "Just relax, and stop worrying so much," etc.

Insomniac: 8580000529463: Medicine & Health Science Books @ Amazon.com

About the Book. About the Author Gayle Greene is Professor of Literature and Women's Studies at Scripps College, Claremont California. She has published books on Shakespeare, women writers, and scientific issues. Her most recent books are Doris Lessing: The Poetics of Change and The Woman Who Knew Too Much: Alice Stewart and the Secrets...

Insomniac by Gayle Greene - Paperback - University of California Press - ucpress.edu

Insomniac started out as a memoir, but I soon realized, if I was going to write about insomnia, I'd better learn something about sleep. The book evolved into something more scientific than I'd intended as I became fascinated by sleep science, and set out to discover what is known and still unknown about sleep.

GayleGreene.org

"Insomniac is an impassioned work--an inspired amalgam of academic and first-hand research, memoir, analysis, and the kind of obsessive brooding we associate with the insomniac state.

Insomniac - gaylegreene.org

The Sleep Library. A chronic insomniac, Greene combines personal experience with "total immersion" research to examine a syndrome that has too often been misunderstood and dismissed by the medical establishment and by those lucky souls who simply shut their eyes and drift off. She interviews doctors and fellow sufferers, looks at brain scans,...

Insomniac by Gayle Greene - oprah.com

In this revelatory book, Gayle Greene offers a uniquely comprehensive account of this devastating and little-understood condition. She has traveled the world in a quest for answers, interviewing neurologists, sleep researchers, doctors, psychotherapists, and insomniacs of all sorts.

Insomniac by Gayle Greene, 2008 - Questia Online Library

Gayle Greene's memoir/history/overview, Insomniac, was the best of the bunch. She is doing much to raise awareness about this terrible disorder. Insomniac by Gayle Greene "I can't work, I can't think, I can't connect with anyone anymore. . . . I mope through a day's work and haven't had a promotion in years. . . .

Insomniac: Gayle Greene - dmangus.blogspot.com

the General Endowment Fund of the University. of California Press Foundation. Insomniac. Gayle Greene. University of California Press, one of the most distinguished university presses in the United States, enriches lives around the world by advancing scholarship in the humanities, social sciences, and natural sciences.

Insomniac by Gayle Greene - Read Online - Scribd

Sleepstarved is a site for insomniacs and by insomniacs who have not found current approaches helpful and would like to start thinking about insomnia in new

Sleep Starved - A site by insomniacs and for insomniacs who are looking for something

new...

Gayle Greene is the author of *Insomniac* (3.86 avg rating, 152 ratings, 30 reviews, published 2008), *Missing Persons* (4.50 avg rating, 16 ratings, 7 reviews).

Gayle Greene (Author of *Insomniac*) - Goodreads

Gayle Greene 'gets it' as only another insomniac can. She educates, advises, and comforts with a steady, sympathetic hand." Timothy Miler, PhD "The good news is that Gayle Greene's book is all you ever need to read on the subject of sleeplessness; the bad news for fellow insomniacs is that reading it even in bed will fail to lull you to sleep."

Insomniac: Gayle Greene: Hardcover: 9780520246300: Powell's Books

Gayle Greene has published dozens of articles in scholarly journals such as *Signs*, *Contemporary Literature*, and *Renaissance Drama*, many of which have been reprinted in anthologies (e.g., *Blackwell's Shakespeare: An Anthology of Criticism and Theory, 1945-2000*, 2004).

Academics | Faculty Profile - Scripps College

Gayle Greene's *Insomniac* is an amazing memoir. For one thing, it lacks the self-absorption one fears when picking up a book-length memoir. The Moby Dick of this book is the condition of insomnia.

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And Gayle Greene's phenomenological analysis of the process of sleep—and sleeplessness—is superb. This book is not just for the sleep deprived. It is an odyssey into the dark world of wakefulness. As Fitzgerald said, "In the dark night of the soul, it's always two o'clock in the morning." I recommend this, *insomniac* or not.

Insomniac: Amazon.co.uk: Gayle Greene: 9780520246300: Books

Insomniac, by Scripps College literature professor and autodidact insomnia expert Gayle Greene, reads like the inside of my mind. Greene understands the science and is able not only to explain it clearly and eloquently to a non-science-oriented reader, but also to incorporate her literary background into highly effective metaphors to describe ...

Amazon.com: Customer reviews: Insomniac

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