



An Introduction to Coping with Insomnia and Sleep Problems

By Colin A. Espie

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Insomnia and Sleep Problems, Colin A. Espie, This new booklet is loosely based on the popular Overcoming Insomnia and Sleep Problems. An invaluable source of information on the causes of sleep problems, this booklet explains why it can be so difficult to break bad sleeping habits and describes the most effective ways of establishing permanently improved sleeping patterns.

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