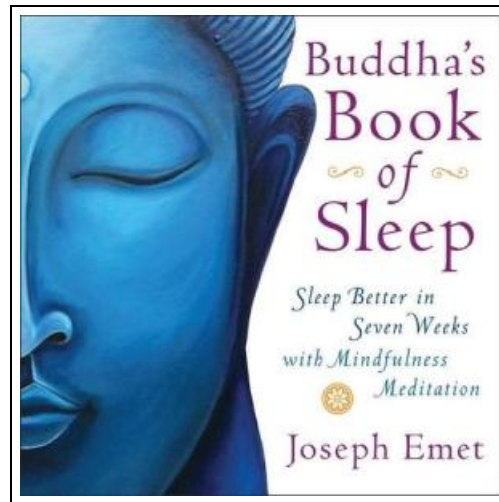


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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Buddha's Book of Sleep: Sleep Better in Seven Weeks with Mindfulness Meditation, Joseph Emet, Sleep deprivation is a growing problem worldwide. We go to our doctors for advice, but they seem to have nothing but pills to counteract this predicament, and these quick fixes fail to get to the root of the problem. "Buddha's Book of Sleep" is the first book to treat sleep disorders from the perspective of mindfulness meditation. Yet this is a natural choice - mindfulness meditation has proven effective for other psychological problems such as stress, depression and anxiety and these very issues are what become sleep problems when our heads hit the pillow. Divided into two sections, this book attacks sleep disorders with a combination of wisdom and practical meditation exercises. The first section describes the reasons why mindfulness meditation's basis in self-awareness is appropriate for dealing with this problem, detailing the practices of this popular form of meditation. The second section contains seven specific exercises to practice at bedtime or in the wee hours of the morning, depending on when sleeping problems occur. Supplying readers with a new perspective on why they cannot fall asleep (even when they feel exhausted), and arming them with easy-to-use tools from the practices of mindfulness meditation, "Buddha's Book of Sleep" will help the reader calm their hurried thoughts and rest easy.



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