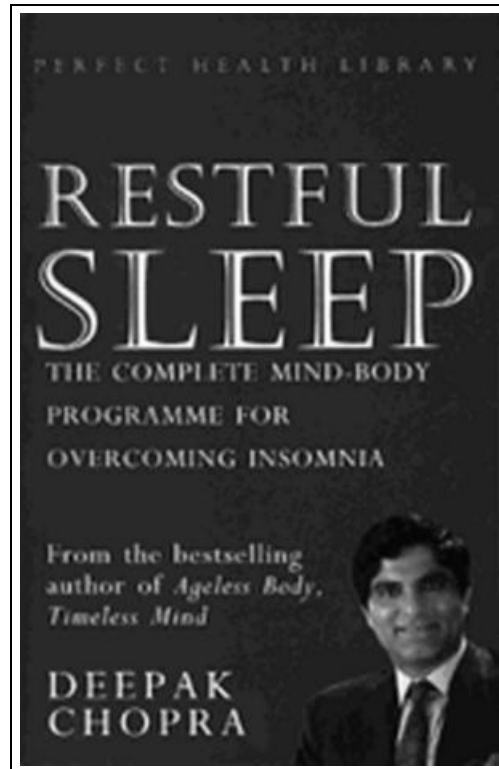


Restful Sleep: The Complete Mind/Body Programme for Overcoming Insomnia



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Restful Sleep: The Complete Mind/Body Programme for Overcoming Insomnia, Deepak Chopra, Now available in b format RESTFUL SLEEP shows you how to: Fall asleep easily, without trying. Feel rested when you wake up. Avoid sleeping pills and other drugs. Identify and eliminate the imbalances causing your insomnia. Deal effectively with overactive thinking at bedtime. Achieve a healthy balance of rest and activity in your life. In this programme, based on ancient principles of mind-body medicine, Deepak Chopra teaches you how to overcome sleep problems by getting in touch with nature's rhythms. Step by step you'll learn techniques to eliminate the underlying causes of insomnia - and create a balanced mind and body. As a result, you'll sleep deeply at night every night - without medication, giving your body the rest it needs to restore your natural vitality.



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