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First Steps Through Insomnia (1st New edition)

By Simon Atkins

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Through Insomnia (1st New edition), Simon Atkins, Are you one of the many people who struggle to sleep at night - and to stay awake during the day? Does sleep - or the lack of it - dominate your life, ruin your days, and make everything twice as difficult as it should be? Do you, or the person you share a bed with, snore? Or do you have trouble getting your teenager into bed at night, and out of it again the next morning? If so, First Steps through Insomnia is for you. Written by a GP with years of experience in helping his patients with all kinds of sleep-related conditions, this practical book will take you through the right steps toward a life of blissful, refreshing slumber. 'First Steps' is a successful series of short, affordable self-help books on a range of key topics. Other titles in the series include: Menopause, Divorce, Weight Problems, Anxiety, Bereavement, Depression, Eating Disorders, Problem Gambling and Problem Drinking.



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