

<<健康睡眠、健康心智>>

图书基本信息

书名：<<健康睡眠、健康心智>>

13位ISBN编号：9780471650645

10位ISBN编号：0471650641

出版时间：2007-9

出版时间：John Wiley & Sons Inc

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页数：307

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内容概要

Sound Sleep, Sound Mind is the first book of its kind to focus on all the causes—mental, emotional, and physical—that contribute to insomnia and poor sleep. Based on cutting-edge knowledge and research, this book explains why sleep problems are almost always a mind and body issue. It then guides you through the seven steps of Sleep Dynamic Therapy to identify and treat the specific problems that are at the root of your sleeplessness. You'll discover that the Sleep Dynamic Therapy program not only improves your sleep quality, but also enhances many other aspects of your mental and physical well-being. Whether you currently take over-the-counter or prescription sleeping pills, suffer from chronic or occasional insomnia, or awaken without feeling refreshed and energized, Sound Sleep, Sound Mind will help you get the sleep you deserve. 作者简介：Barry Krakow, M.D., is a board-certified internist and sleep medicine specialist, the medical director of Maimonides Sleep Arts & Sciences, Ltd., and the principal investigator of the Sleep & Human Health Institute. Since 1988, Dr. Krakow's research teams have developed many innovative approaches for treating sleep patients with nightmares, insomnia, and sleep-disordered breathing. His works are published in numerous medical, psychiatric, and sleep journals. For more information about Dr. Krakow's work or to read his blog, visit his Web site, www.sleepdynamictherapy.com.

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