



Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook)

Colleen E. Carney, Rachel Manber

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A busy and hectic life can profoundly affect your ability to get a good night's rest. And it's even more difficult to feel relaxed when you stay awake worrying that you won't fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it is so important to seek the most effective treatment for your insomnia.

This workbook uses cognitive behavior therapy, which has been shown to work as well as sleep medications and produce longer-lasting effects. Research shows that it also works well for those whose insomnia is experienced in the context of anxiety, depression, and chronic pain. The complete program in **Quiet Your Mind and Get to Sleep** goes to the root of your insomnia and offers the same techniques used by experienced sleep specialists.

You'll learn how to optimize your sleep pattern using methods to calm your mind and help you identify sleep-thieving behaviors that contribute to insomnia. Don't go without rest any longer-get started on this program and end your struggles with sleep.

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