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Quiet Your Mind And Get To Sleep: Solutions To Insomnia For Those With Depression, Anxiety Or Chronic Pain (New Harbinger Self-Help Workbook)



Synopsis

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.

Book Information

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Customer Reviews

NOTE: I received a free review copy of this book from the web site [Metapsychology Online Reviews](#); a longer version of my review appears on that site. This book is written in workbook format, with the expectation that the reader will actively participate in the program and complete the various exercises, self-tests, and worksheets. Given this, authors Collen Carney and Rachel Manber (both sleep experts) acknowledge that some of their recommendations might seem difficult to follow for

certain people, such as those with depression. However, they include specific recommendations on how to overcome any barriers to treatment at the end of the book. Carney and Manber provide brief but important information about the sleep system, including the crucial concept of "sleep drive," which is essential to understanding why spending more time in bed can be counter-productive for those with sleep problems. The authors then begin to introduce specific strategies for improving sleep. They start by reviewing sleep-incompatible behaviors--for example, staying in bed when you can't sleep--and describing specific techniques to counteract these problematic patterns. They continue to provide action plans for breaking learned habits by addressing topics such as negative beliefs, worry, and relaxation. As the authors discuss each new method, they offer a variety of worksheets which walk the reader through exactly how to use that strategy. In the final few chapters, Carney and Manber more specifically focus on possible impediments to their treatment program, including particular challenges to implementing change such as coping with low motivation, feeling overwhelmed, and experiencing difficulties concentrating. As a psychologist myself, I found this to be an excellent self-help book.

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