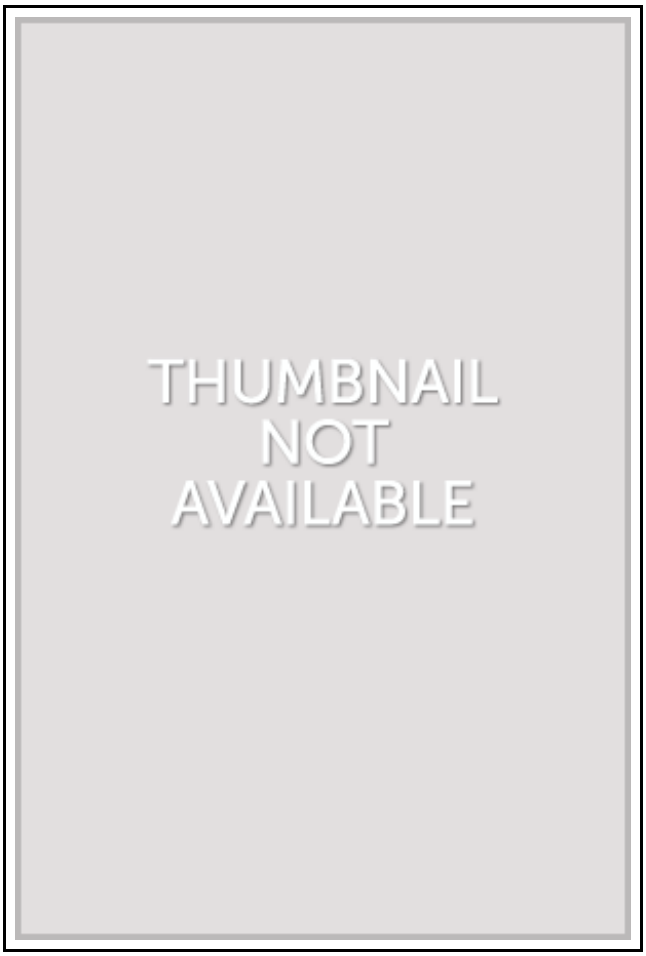
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Apple Press. Hardback. Book Condition: new. BRAND NEW, Sleep: 50 Mindfulness Exercises for a Restful Night's Sleep, Arlene Unger, Everyone wants to be able to switch off at the end of a busy day and sleep well, but few of us manage it. The truth is that we are just not equipped for the twenty-first century - it is too fast, too crowded, too 24/7. And the more stressed we become, the harder it is to relax and give our bodies the sleep they need. It doesn't have to be this way! Here is the antidote to a cycle of daily strain and sleepless nights. It is a book of effective mindfulness, EBT and CBT exercises, which can aid you in getting to sleep, staying asleep - as well as feeling refreshed wherever you are and whatever you are doing. This beautiful but practical title draws on a wide range of psychological techniques, including mindfulness, cognitive behavioural therapy and emotional brain training - all of them proven to work. The perfect size to keep in a handbag or pocket, this book has been designed as a tool to keep close by, and to turn at any point in a busy day. So, open it up and feel refreshed on the go, even when you don't have the opportunity to sleep.

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