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About the Book | Sink Into Sleep

By Judith R. Davidson, Ph.D, C.Psych, ISBN: 9780826148155, Paperback. Bulk books at wholesale prices. Free Shipping & Price Match Guarantee

Sink Into Sleep (A Step-by-Step Guide for Reversing Insomnia)

The CBT-I Program That Gets You Sleeping! Now in its second edition, Sink Into Sleep provides the tools and techniques to reverse insomnia and improve sleep long-term. Insomnia, persistent trouble getting to sleep or staying asleep, affects our daytime functioning and wellbeing.

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My book, "Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia", allows you to do CBT-I at home. It guides you through the same steps and strategies that we use in the clinic. For more information, please visit the website dedicated to the book: www.sinkintosleep.com.

Welcome | Dr. Judith R. Davidson

"I am excited about Judith Davidsons new self-help book, "Sink Into Sleep". Dr. Davidson has done an excellent job presenting cutting edge treatment methods in a down-to-earth, straightforward manner.

Sink into sleep : a step-by-step workbook for reversing ...

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