

《健康睡眠、健康心智》

图书基本信息

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内容概要

在线阅读本书

Praise for SOUND SLEEP, SOUND MIND

If you are one of the 100 million Americans suffering from poor quality sleep, Sound Sleep, Sound Mind provides a refreshing look at getting to the real solutions for our sleep – deprived, over – caffeinated, over – medicated, over – stressed, and exhausted society. Look no further to find the ways to address the root causes of your sleep problems." - – Mark Hyman, MD, author of the New York Times bestseller, UltraMetabolism and editor in chief of Alternative Therapies in Health and Medicine

An excellent book that won't put you to sleep until bedtime – – Sound Sleep, Sound Mind convinced me how important sleep is to good health. This is a wonderful treatment that teaches you how to identify and cope with feelings and emotions – – one of the best, long – term remedies for insomnia."? - – Leslie S. Greenberg, PhD, Professor of Psychology at York University and author of Emotion – Focused Therapy

At last, a book that addresses all the elements of sleep disturbances: biological, behavioral, emotional, and cognitive. Sound Sleep, Sound Mind will bring relief to the millions suffering from insomnia and other sleep ailments." - – Kenneth L. Lichstein, PhD, Professor of Psychology at The University of Alabama and Director of the Sleep Research Project

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.

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书籍目录

Keys to Assessment and Monitoring Tools Acknowledgments Introduction PART I: ALL SLEEP IS NOT THE SAME: THE SLEEP QUALITY CURE Introduction: Sleeping Happily Ever After Chapter 1: Discovering the New Sleep Medicine Chapter 2: Building a Sleep Quality Brain Trust Chapter 3: The Anti-Sandman Chapter 4: Sleep In a Bottle Chapter 5: Solving Your Sleep Quality Puzzle Chapter 6: Countdown to Sound Sleep PART II: LAY YOUR MIND TO REST: SLEEP THOUGHTS TO LET YOU SLEEP THROUGH THE NIGHT Introduction: Slow Down and Sleep Chapter 7: Day Is Done Chapter 8: Are You In The Wrong Time Zone? Chapter 9: Breaking the Time Barrier Chapter 10: The Sands of Time PART III: PICTURE PERFECT SLEEP: MIND'S EYE IMAGERY CONQUERS INSOMNIA Introduction: Leaving Time Behind Chapter 11: Finding Comfort in the Eye of the Storm Chapter 12: Puzzling Through It All Chapter 13: Imaginary Sleep Friends PART IV: SLEEP SECRETS OF EMOTIONAL INTEL: FEEL YOUR WAY TO BETTER SLEEP Introduction: Moving Forward and Deeper Chapter 14: Only You Can Prevent Sleepiness Chapter 15: Emotional Bedbugs That Bite Chapter 16: Emotional Layer Cakes Chapter 17: Feel the Feeling, Then See It Clearly Chapter 18: Clear Sailing Through Cloudy Skies PART V: BIG TRANSITIONS TO SOUND SLEEP: GOODBYE SLEEPING PILLS, HELLO SOUND LEEP Introduction: Turning Little Big Steps into Giant Steps Forward Chapter 19: Emotional Freedom to Sleep Without Drugs Chapter 20: Counting Blessings Instead of Sheep PART VI: AWAKEN THE SLUMBERING GIANT: BREATHE YOUR WAY TO PERFECT SLEEP QUALITY Introduction: Traveling to a New Dimension Chapter 21: To Breathe, Perchance to Sleep Chapter 22: The Anti-Sandman, The Sequel Chapter 23: Waking Up To Better Breathing Chapter 24: The Nose Knows Chapter 25: Another Balloon to Blow Up PART VII: HIGH-TECH SLEEP SOLUTIONS: CUSTOM-TAILORED SLEEP TREATMENT Introduction: A Cure is Just around the Corner Chapter 26: Acing Your Sleep Test Chapter 27: A Return to the Lab Chapter 28: Welcome to Your Home Health Company Chapter 29: Moving On Up Chapter 30: The Long and Winding Road Epilogue: Words of Wisdom Index

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