

A NEW HARBINGER SELF-HELP WORKBOOK

the insomnia workbook

A step-by-step program including:

- Effective cognitive behavior techniques
- Up-to-date information on medication
- Tips for a sleep-friendly lifestyle
- Advice for maintaining your progress

A
Comprehensive
Guide to Getting
the Sleep You
Need

STEPHANIE A. SILBERMAN, PH.D., DABSM

Foreword by Charles M. Morin, Ph.D.

The Insomnia Workbook

JG Myers



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