



Sleeping Well: The Drug-free Way

By Beth MacEoin

Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Sleeping Well: The Drug-free Way, Beth MacEoin, Good, restful, sleep is an important part of your total health, sufferers from sleep problems would give a lot for a good night's rest. There is no uniform pattern to sleep problems, a great deal depends on an individual's make-up. A poor night's sleep is often due to the fast, stressful pace of life that has now become normal, positive steps to manage stress need to be developed or a tense, wound-up state of mind results. Sleep problems include difficulties in switching off, frequent waking and a sense of being unrefreshed on waking. Other contributory factors include over-reliance on caffeine, alcohol or chemical sedatives to help us unwind. Bad working habits play a large part in preventing sound sleep. These can slowly creep up on us until they reach a problematic level before we realise that something must be done to rectify the situation. Why are we surprised that we find it difficult to switch off when trying to sleep? This book contains positive strategies to solve these problems and break the negative cycle. The major systems of alternative medicine included in this book...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



Good Night, Zombie Scary Tales

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Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



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