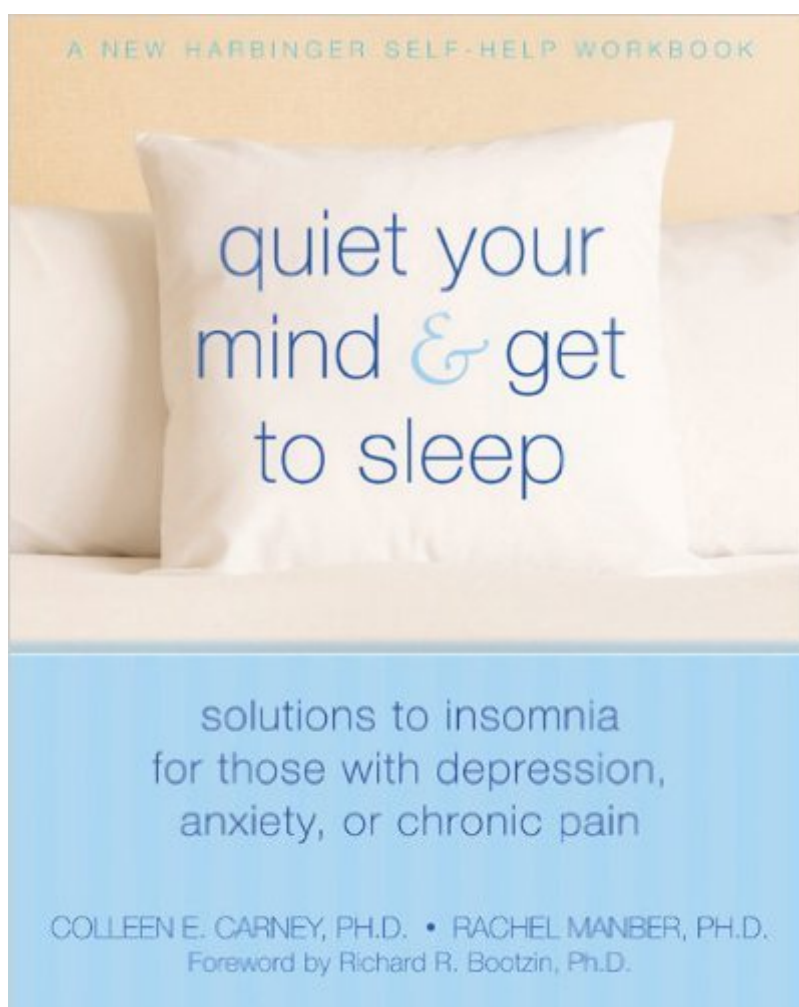


The book was found

# Quiet Your Mind And Get To Sleep: Solutions To Insomnia For Those With Depression, Anxiety Or Chronic Pain (New Harbinger Self-Help Workbook)



## Synopsis

A busy and hectic life can profoundly affect your ability to get a good night's rest. And it's even more difficult to feel relaxed when you stay awake worrying that you won't fall asleep. This vicious circle can quickly rob you of your quality of life, which is why it is so important to seek the most effective treatment for your insomnia. This workbook uses cognitive behavior therapy, which has been shown to work as well as sleep medications and produce longer-lasting effects. Research shows that it also works well for those whose insomnia is experienced in the context of anxiety, depression, and chronic pain. The complete program in *Quiet Your Mind and Get to Sleep* goes to the root of your insomnia and offers the same techniques used by experienced sleep specialists. You'll learn how to optimize your sleep pattern using methods to calm your mind and help you identify sleep-thieving behaviors that contribute to insomnia. Don't go without rest any longer-get started on this program and end your struggles with sleep.

## Book Information

Series: New Harbinger Self-Help Workbook

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 edition (December 2, 2009)

Language: English

ISBN-10: 1572246278

ISBN-13: 978-1572246270

Product Dimensions: 0.5 x 7.8 x 9.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #48,977 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#) #72 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #79 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

NOTE: I received a free review copy of this book from the web site [Metapsychology Online Reviews](#); a longer version of my review appears on that site. This book is written in workbook format, with the expectation that the reader will actively participate in the program and complete the various exercises, self-tests, and worksheets. Given this, authors Collen Carney and Rachel Manber (both sleep experts) acknowledge that some of their recommendations might seem difficult to follow for

certain people, such as those with depression. However, they include specific recommendations on how to overcome any barriers to treatment at the end of the book. Carney and Manber provide brief but important information about the sleep system, including the crucial concept of "sleep drive," which is essential to understanding why spending more time in bed can be counter-productive for those with sleep problems. The authors then begin to introduce specific strategies for improving sleep. They start by reviewing sleep-incompatible behaviors--for example, staying in bed when you can't sleep--and describing specific techniques to counteract these problematic patterns. They continue to provide action plans for breaking learned habits by addressing topics such as negative beliefs, worry, and relaxation. As the authors discuss each new method, they offer a variety of worksheets which walk the reader through exactly how to use that strategy. In the final few chapters, Carney and Manber more specifically focus on possible impediments to their treatment program, including particular challenges to implementing change such as coping with low motivation, feeling overwhelmed, and experiencing difficulties concentrating. As a psychologist myself, I found this to be an excellent self-help book.

[Download to continue reading...](#)

Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) How to Help Someone with Depression: 2nd Edition (Loved

one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)

[Dmca](#)